

Better Homes and Gardens®

AUGUST 2015
BHG.COM \$3.99

**HOME
REMEDIES**
FROM YOUR
KITCHEN p.140

Yummy

**FOOD FOR
A BACKYARD
BASH**

p.92

Smart

**TRICKS FOR
SMALL SPACES**

p.31

Lush

**GARDEN ON
A TINY LOT**

p.74

**Fresh
Fun!**

**EASY PARTIES,
RECIPES,
AND DECOR**

EASY FREEZY FUN POPS p.136

NEW
COLLECTION
EXCLUSIVE
BY COLOUR RICHE®
pure reds



TRY ON EVERY RED INSTANTLY. DOWNLOAD THE MAKEUP GENIUS APP.
©2015 L'Oréal USA, Inc.



lorealparisusa.com

CUSTOM-CREATED REDS BY COLOUR RICHE® A RED FOR EVERY WOMAN

PURE MATTE COLOR. SO CHIC, SO WEARABLE. VELVET FEEL.
IN 6 RICH SHADES. FIND YOUR PERFECT RED.

BECAUSE YOU'RE WORTH IT.™

L'ORÉAL™
MAKEUP DESIGNER/**PARIS**



SERUM ABSOLUTE BY VISIBLE LIFT

Andie MacDowell
SAND BEIGE 152

EXPERIENCE 5 PROVEN RESULTS AT
LOREALPARISUSA.COM/VISIBLELIFT



92%
SAW MORE EVEN
SKIN TONE*

90%
SAW MINIMIZED
IMPERFECTIONS*

87%
SAW MORE RADIANT SKIN*

84%
SAW APPEARANCE OF
WRINKLES REDUCED*

81%
SAW INSTANTLY
MORE YOUTHFUL SKIN**

OUR MOST POWERFUL ANTI-AGING DEFENSE 1 LUMINOUS FOUNDATION

OUR AGE-REVERSING FORMULA LEAVES YOUR SKIN LOOKING RADIANT.
WRINKLES ARE VISIBLY REDUCED DAY AFTER DAY.

BECAUSE YOU'RE WORTH IT.™



L'ORÉAL™

MAKEUP DESIGNER/PARIS

*Results based on consumer responses in a 4-week clinical study with makeup on, after 4 weeks of use. **Results based on consumer responses in a clinical study with makeup on, immediately after application.

©2015 L'Oréal USA, Inc.

contents



92 girls' night outside

You're invited for dinner, drinks, live music, and laughs at this backyard party in Nashville. Save room for dessert!



100 the illusionist

It's less than 600 square feet, but it seems like sooooo much more.

just the right size

A family of four proves it's not how much space you have—it's how you use the space you have.



84

FRESH

13 GUIDE Our favorite things to do, buy, and read this month.

20 BEAUTY The benefits of sunflower oil, a facial cleansing primer, and more.

26 GATHERINGS Throw a pickling party to preserve the flavors of late summer.

HOME

40 LUSCIOUS MANGO Brighten any room with these ripe, juicy colors.

46 DOUBLE UP See how two sofa tables become a clever kitchen island.

62 3 THINGS YOU DIDN'T KNOW YOUR TV COULD DO Grab that remote to show your photos, do a workout, or have a video chat.

66 SUPER SEDUMS Our favorite succulents are both sturdy and stunning.

IN EVERY ISSUE

6 BETWEEN FRIENDS

10 BHG.COM

150 RECIPES/ PROFESSIONALS INDEX

152 I DID IT

READER SHOPPING

**151 ZINFIN DOLL
HARDY HYDRANGEA**

RALPH LAUREN PAINT

INTRODUCING POLISHED PATINA

A LUSTROUS NEW FINISH WITH LAYERED, TIMEWORN BEAUTY

FEATURED: OLD SAPPHIRES

FIND INSPIRATION AND DESIGN IDEAS

RALPHLAURENPAIN.COM [@RALPHLAURENHOMES](https://www.instagram.com/RALPHLAURENHOMES)

AVAILABLE AT



contents



31

seeing the big picture

An ingenious homeowner makes every inch count.



114

weeknight delicious

Balsamic steak and other quick meals.

mr. small space

Meet an expert at handling modest square footage: Maxwell Ryan, the founder of Apartment Therapy.



52

artful balance

It's all in an artist's eye. See how color and form blossom in her Oregon garden.



74

FOOD

107 HAVE YOUR CAKES...

Crab cakes, that is. They're easier to make at home than you think.

112 NEW WAYS WITH CANTALOUPE

Try this melon in salads or sandwiches.

BETTER

126 LIVE WELL Avoiding stings, snacking smarter, feeding pets on the go, and more.

130 PACK A CAR KIT What you should have on hand when you hit the road.

132 MANAGING MONEY

Should I spot my kid a few bucks after he blows his allowance?

136 POP ART

From our cover: Cookies and ice cream—what better combo for a summer treat?

138 TEN BEST NATIONAL PARKS

Nature excursions to please the whole family.

140 KITCHEN Rx

Skip the drugstore and concoct these simple remedies at home.

148 PEPPERS

These veggies deliver a big hit of flavor and good nutrition.



big ideas for small spaces

Recently, my social media feeds have been full of photos of truly tiny houses, those 200- to 400-square-foot cottages that offer a complete living environment in less space than some living rooms. While it's unlikely I'll ever own one, I find these little jewels fascinating. How does someone live day in and day out in a camper-size space? Or pare down belongings to fit in a cupboard or two?

These micro homes challenge our notion of "enough" space. So, I hope,

will this issue. We introduce you to home lovers who—for sustainability, affordability, or personal preference—found their balance in smaller spaces. Not the wee-cottage-on-wheels sort of small, but the real-life small you can find in cities everywhere. The mini-est is a 564-square-foot live/work studio. The largest, a 1,730-square-foot new home for a family of four, is still about one-third smaller than today's average new home.

As you browse, I doubt *small* will be the first thing you'll see—not just because the camera exaggerates size but also because every home expresses the larger-than-life personal style that comes from confident design. Rereading these stories, I'm wowed by the consistent themes: Micro-plan the function. Choose colors and finishes that flow. Add surprises. Edit your possessions.

I'm taking that last piece of advice in my own very average-size home. My husband and I have accumulated more things than we have space to house. Over the summer, we've set aside a few hours each weekend to rebalance. We've instant-messaged our daughters dozens of times to ask, "Save, ship, or donate?" We've mailed old tapes and photos off for digital conversion. And on the heels of paring down, we're working our way through our less-productive spaces, assigning new function and organization to every drawer and piece of furniture (following Kelly Keiser's excellent drawer tip on *page 104*).

It's the perfect summer project: no deadlines, no pressure, and surprisingly refreshing. We're already enjoying the lightness of less—a great feeling, whether your home is tiny, or grand, or the just-right in-between.

Gayle Goodson Butler,
Editor in Chief



our website is easier than ever!

Our latest makeover project wasn't a home or a room—it was **BHG.COM**. If you haven't visited our site lately, click on over to see what's new.

FRESH LOOK Our simple, sleek new design puts the emphasis on the beautiful photos you love. You'll also find fresh colors for a whole new look and feel.

QUICKER NAVIGATION Browsing and scrolling are simpler, for a smoother overall experience. You can find, pin, and share what you want in fewer clicks.

MORE UPDATES We're refreshing our home page every single day. Missed a day? It's easy to scroll back and find a week's worth of updates.

BETTER MOBILE EXPERIENCE Now the site is just as easy to use from your tablet or phone as from your computer. On small screens, photos show up larger so you don't have to wait until you get home to enjoy them.

FIND IT ALL AT BHG.COM!



WOMEN'S WELLNESS TIP:

GUM HEALTH IS IMPORTANT TO HEALTHY LIVING.

45%
STRONGER
HEALTHIER
GUMS*

Colgate®

#1 BRAND
RECOMMENDED
BY DENTISTS



GAYLE GOODSON BUTLER
Editor in Chief

Creative Director MICHAEL D. BELKNAP
Executive Editor OMA BLAISE FORD
Managing Editor GREGORY H. KAYKO

HOME DESIGN

Assistant Deputy Editor AMY PANOS
East Coast Editor/Producer EDDIE ROSS
Senior Editors DIANA DICKINSON, KIT SELZER
Associate Editor NATALIE MCLWAIN
Editorial Assistant RENAE MABIE

FOOD & ENTERTAINING

Senior Deputy Editor NANCY WALL HOPKINS
Senior Editor MAGGIE GLISAN
Associate Editor HALI RAMDENE
Editorial Assistant RENEE IREY

GARDEN

Senior Associate Editor JANE AUSTIN MILLER

LIFESTYLE

Senior Deputy Editor KATHERINE PUSHKAR
Fashion & Beauty Director ELLEN MILLER
Health & Features Director AMY BRIGHTFIELD
Lifestyle Editor CHRISTINA POLETTTO

ART

Style & Design Director JESSICA THOMAS
Senior Design Directors SHELLEY CALDWELL, SCOTT J. JOHNSON
Deputy Art Directors JARRET EINCK, KYLEE KRIZMANIC
Associate Art Directors DAVID JORDAN, MARY-BETH ROUSE
Assistant Art Director KYLI HASSEBROCK
Graphic Designer BRIANA WENGERT
Photography Coordinator HOLLY PRUETT

ADMINISTRATION

Copy Chief ELIZABETH KEEST SEDREL
Production Editor CINDY MURPHY
Office Manager GINGER BASSETT
Executive Assistant LINDA NEWSOM
Better Homes and Gardens® Test Kitchen Director LYNN BLANCHARD
Better Homes and Gardens Test Garden® Manager SANDRA J. GERDES
Color Quality Manager TONY HUNT
Associate Director, Premedia RICK JOHN
Premedia Specialist BRIAN FRANK
Quality/Technical Director DAVE WOLVEK

BETTER HOMES AND GARDENS BRAND

Brand Executive Editor JILL WAAGE

Digital

General Manager LORY STEWART
Editorial Manager KAELEN ZAWILINSKI
Home Design Editor ALICIA CHILTON
Home Design Associate Editor ALLISON MAZE
Home Design Staff Writer CAITLIN SOLE
Food Senior Editor KATHERINE C. PARKER
Food Editor SHEENA CHIHAK, R.D.
Food Associate Editor SARAH MARTENS
Associate Editor KELLY REILLY
Associate Social Media Editor KENZIE KRAMER
ShopBHG Editor ALEXA FORNOFF

Special Interest Media

Group Editorial Leader DOUG KOUMA
Home Design KARMAN HOTCHKISS
Food & Entertaining JENNIFER DALLING
Garden JAMES A. BAGGETT

Contributing Editors

Elaine Griffin; Khristian A. Howell;
Elizabeth Lombardo, Ph.D.

Regional Contributors

Lisa Mowry, Atlanta, GA; Lauren Ramirez, Austin, TX; Sandra Mohlmann, Charleston, SC; Andrea Caughey, Charlotte, NC; Jenny O'Connor, Dallas, TX; Khristi Zimmeth, Detroit, MI; Eileen Alexandra Deymier, Easton, MD; Susan Fox, Galveston, TX; Laura Hull, Char Hatch Langos, Los Angeles, CA; Heidi Pearson, Megan Kaplan, Minneapolis, MN; Stacy Kunstel, NH; Anna Molvik, New Paltz, NY; John Loেকে, New York, NY; Cynthia Bogart, RI; Bonnie Broten, Helen Yoest, Raleigh, NC; Nan Serman, San Diego, CA; Sarah Alba, Paige Porter Fischer, San Francisco, CA; Donna Talley, Dallas, TX; Loralee Wenger, Seattle, WA; Heather Lobdell, Tiburon, CA; Karin Lidbeck-Brent, Woodbury, CT



© Copyright Meredith Corporation 2015

Please Recycle This Magazine | Printed in USA

CHRISTINE GUILFOYLE
Senior Vice President, Group Publisher

TRACY HADEL
Associate Publisher

Associate Publisher, Marketing JODI MARCHISOTTA
Midwest Advertising Director GARY WENSTRUP

ADVERTISING SALES

New York

Account Executives MARY ELLEN MADDALONE, MELISSA MORALES,
BRIDGET QUIRK, MARC REBUCCI
Assistants DAVID GOODMAN, CHANEL RIVERS

Chicago

Account Executives EMILY BABY, TIFFANY ERICKSON,
VICKIE SANDBERG-McNAY, LAUREN ROSS
Assistant CHRISTINA GREEN

Detroit

Manager KAREN BARNHART; Assistant KIM KITCHEN

Los Angeles

Manager ISABELLA CARRADO; Assistant KRISTEN SCHOEN

San Francisco

Manager JANET DAVY; Assistant MICHELLE KWAN

Direct Media

Executive Director GRACE CHUNG

Business Development Manager VICTORIA LEVY

Assistant JILL O'TOOLE

Travel

National Travel Director JODIE BURLOG SCHAFFER

MARKETING

Special Projects Director JAIME HOLLANDER
Integrated Marketing Director TAMARA NOBLE
Associate Integrated Marketing Director GLORIA BAEK
Associate Integrated Marketing Manager MARA VAN GELDERN
Creative Director SHANA HALE
Art Director MATT SHIELDS
Senior Promotion Manager VICKI BRAN
Marketing Coordinator PAIGE JORDAN

Research Director DIANE TERWILLIGER-SILBERFEIN; Associate Research Director
KIM LECONEY; Consumer Marketing Director TODD BIERLE; Business Director
RON CLINGMAN; Advertising Business Manager MICHAEL MOSSO; Advertising
Operations Associate Director JENNIFER THOMSON; Production Director JOHN BEARD;
Advertising Operations Manager COURTNEY COLES; Production Traffic Supervisor
PAM HUTCHCROFT; Brand Licensing BRADFORD W. S. HONG;
Public Relations LAUREN DOYLE, LISA CALLAHAN
For help with your subscription or billing, call 800/374-4244.

Chief Development Officer JOHN S. ZIESER
Vice President of Development DAVID JOHNSON

MEREDITH NATIONAL MEDIA GROUP

President TOM HARTY

Executive Vice Presidents

President, Parents Network CAREY WITMER
President, Women's Lifestyle THOMAS WITSCHI
President, Meredith Digital JON WERTHER
Meredith Home Group JAMES T. CARR
Creative Content Leader GAYLE GOODSON BUTLER
Chief Marketing Officer NANCY WEBER
Chief Revenue Officer MICHAEL BROWNSTEIN
General Manager DOUG OLSON

Senior Vice Presidents

Chief Digital Officer ANDY WILSON
Digital Sales MARC ROTHSCHILD
Innovation Officer CAROLYN BEKKEDAHL
Research Solutions BRITTA CLEVELAND

Vice Presidents

Business Planning & Analysis ROB SILVERSTONE
Content Licensing LARRY SOMMERS
Corporate Marketing STEPHANIE CONNOLLY
Corporate Sales BRIAN KIGHTLINGER
Digital Video LAURA ROWLEY
Direct Media PATTI FOLLO
Brand Licensing ELISE CONTARSY
Communications PATRICK TAYLOR
Human Resources DINA NATHANSON
Strategic Sourcing, Newsstand, Production CHUCK HOWELL

Chairman and Chief Executive Officer STEPHEN M. LACY
President, Meredith Local Media Group PAUL KARPOWICZ

Vice Chairman MELL MEREDITH FRAZIER
In Memoriam — E. T. MEREDITH III (1933-2003)



Our subscribers list is occasionally made available to carefully selected firms whose products may be of interest to you. If you prefer not to receive information from these companies by mail or by phone, please let us know. Send your request along with your mailing label to Magazine Customer Service, P.O. Box 37508, Boone, IA 50037-0508.

EYE STUDIO®
GET EXPERT TIPS AT MAYBELLINE.COM

NOW ALL-DAY
**INTENSITY GOES
ULTRA-SMOOTH.**

NEW
LASTINGDRAMA®
WATERPROOF GEL PENCIL

THE HOW

Our 1st gel pencil with
translucent gel base for easy glide.

THE WOW

Up to 16-hour wear.
Smudge resistant + Waterproof.

5 INTENSE SHADES.

Kemp is wearing New Eye Studio® Lasting Drama®
Waterproof Gel Pencil in Sleek Onyx and Lustrous Sapphire.

MAYBELLINE®

MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE®

©2015 Maybelline LLC.

NEW YORK

\$15,000 sweepstakes

Enter for your chance to win \$15,000 to create the home of your dreams. Details on page 150.

Enter at BHG.com/WinHome



AWARD-WINNING PEONY TRIO

Each year, the American Peony Society awards plants with “outstanding excellence and performance.” We’ve gathered three of our all-time favorite gold medal winners to star in your garden. Our trio includes one each of bright red Kansas (1957), coral-peach Coral Charm (1986), and blush-white Moonstone (1959).



ORDER NOW

Call White Flower Farm at 800/420-2852 and refer to code BHS16 or order online at BHGgardenStore.com. Item GM083607, \$39.95 per trio plus shipping. Your bare-root peonies will be shipped at the proper time for fall planting. Recommended for Zones 3-7.

our picks

DINNER UNDER \$3

Our most popular collection of recipes ever. Browse our how-to videos for healthy dinners that are easy on the budget.

BHG.com/Healthy3

BEAT THE HEAT!

Keep your garden gorgeous with these drought-tolerant perennials that can withstand the toughest of temps.

BHG.com/DroughtTolerant

NO-MONEY DECORATING

The path to a new look might already be in your house. See 20 ways to decorate with what you own.

BHG.com/NoCostDecor ■

AT LAST, A REFRIGERATOR FOR THOSE WHO REACH FOR **MORE** THAN THE MILK



Revolutionary storage. Chef-inspired design.
Presenting the first-ever five-door black
stainless refrigerator.

kitchenaid.com/bold

KitchenAid®

BUNDLE YOUR HOME AND AUTO TOGETHER
AND YOU COULD SAVE A BUNDLE.
I THINK THAT'S A HAIKU.



IF YOU ASK ME, **SAVING MONEY**
SHOULD BE AS EASY AS **BUNDLING**.

Insure your home and auto together and you could be saving in no time. You can even get a quote for both at once. Doesn't get much simpler than that! Bundling to help you save more. Now that's Progressive.

1.800.PROGRESSIVE | PROGRESSIVE.COM

Auto insurance is provided by Progressive Casualty Ins. Co. & affiliates and prices vary based on how you buy. Home insurance is placed through Progressive Specialty Insurance Agency, Inc. with select insurers, which are not affiliated with Progressive, are solely responsible for servicing and claims, and pay the agency commission for policies sold. Prices, coverages, privacy policies, and commission rates vary among these insurers, which include Homesite Group Inc., IDS Property Casualty Co., ASI Lloyds, and their affiliates.

fresh august



Music to our ears: Lollapalooza's live stream will broadcast acts like indie pop band MS MR (pronounced Miz Mister).

back to cool



Saving face: Coola's SPF 30 setting spray prevents makeup meltdown. \$36; ulta.com

Freezie does it Inspired by the sophisticated freezer pops at spots like LocoPops in Durham, North Carolina, and People's Pops in Brooklyn, we're chilling our own tasty twists. Grab a pack of Zipzicle ice-pop pouches (\$3.99 for 18; zipzicles.com), and mix up a batch of minty peach or cucumber watermelon. Find our five spins: BHG.com/SummerPops

Bright idea Put all that dog-day sunshine to crafty use. Old school: Sun-print silhouettes of leaves and flowers. New school: The Lumi Inkodye photo printing kit lets you use the sun's rays to print pics onto natural fabrics. Hello, custom vacay Ts. \$39.95; thegrommet.com

Stream on No ticket? No problem! Three-day rock festival Lollapalooza is live-streaming straight to your Roku, Apple TV, even smartphone. Tune in July 31–August 2. lollapalooza.com

Joe cool What's better than iced coffee? Practically instant cold-brew java and a shot of mint syrup. Bean Bags; gradyscoldbrew.com

Kick it up Classic Chucks have entered the DIY age with Converse's easy customization tool. Just pick your colors and patterns for sneakers that are as original as you are. \$75; converse.com

AUGUST 15

Meditate on this: Mellowing out can be good for your health. On National Relaxation Day, take a siesta from stress—kick back, lie out, sit down, soak up, and rest easy.

Just cause

You'll be sipping pretty and doing some good with Miir's stylish bottles. For every one purchased, a year's worth of clean water is provided to a person in Southeast Asia or Africa. \$25 each for a 27-oz. bottle; miir.com



now trending

gingham

Pillow This pouf is fair and square. \$92 for 20x20-inch; furbishstudio.com

Blouse Dress up with a button-down. \$78; jcrew.com

Clutch Fill, zip, go. \$59; etsy.com/shop/smallwhitewave

Phone case Hand-painted stripes for the win! \$39.99; saramoore.com

Skirt Maxi checks dress up a pretty mini. \$88; bodenusa.com

Removable wallpaper Commit to a new look, temporarily. \$35; chasingpaper.com



Wear this into fall, too!

connect + enjoy

Tap dance

Keep sunscreen off your touchscreen with the Modal Stylus Pen. Use the stylus tip to tap away on tablet or phone. And the rollerball side comes in handy when you want to power down. \$14.99 each; bestbuy.com



the happy moviegoer

Mr. Holmes

Cumber-who? Ian McKellen owns an aged Sherlock Holmes, who's retired to the English countryside, where he tends bees, struggles with a fading memory, and, naturally, solves one last case. Just the right mix of bitter and sweet, with a sunny Sussex view. With Laura Linney. In theaters July 17.

WHO KNEW?

Turns out, actual saltwater in your saltwater taffy is a total stretch. If you're looking for savory with that sweet, try Salty Road taffy, made with large-grain sea salt. thesaltyroad.com

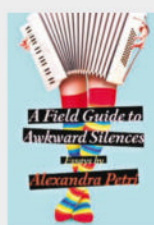


shelf life
LOL!

Get the last laugh out of summer with these seriously funny novels.



A Window Opens by Elisabeth Egan (\$26; Simon & Schuster) A modern-day mom leaps at the chance for a do-over; hilarity ensues.



A Field Guide to Awkward Silences by Alexandra Petri (\$25.95, New American Library) This *WashPo* writer's many misadventures are entirely our gain.



Man at the Helm by Nina Stibbe (\$25; Little, Brown and Co.) One majorly eccentric family tries to save itself from total dysfunction.



Sleep like a rock.

The non-habit forming
sleep-aid from the
makers of NyQuil.[™]
Sleep easily.
Sleep soundly.
And wake refreshed.



• Use as directed for occasional sleeplessness. Read each label.
Keep out of reach of children. © Procter & Gamble, Inc., 2014

SNIP & SIP

A big pitcher of water gets the spa treatment when you add a handful of bright, edible flowers. Combine 3 cups water or club soda with 1 cup pesticide-free marigolds or roses (find edible flowers at gourmetsweetbotanicals.com). The flower water can be chilled up to 2 days; if kept cold, club soda's fizz will last 3-4 hours.



The ultra-simple tapered silhouette of this glass beverage dispenser is a perfect match for the water's chill vibe. \$49.95; cb2.com



New

Squeeze extra nutrients into your dog's diet



BEYOND® NATURAL PURÉES

are made simply – with human-grade ingredients plus vitamins, zinc or prebiotic fiber. The purées coat, not soak, your dog's dry food, to create an enhanced meal experience.

- ✓ **NO** MESS
- ✓ **NO** SOGGY KIBBLE
- ✓ **NO** CORN, WHEAT OR SOY
- ✓ **NO** ADDED ARTIFICIAL COLORS, FLAVORS OR PRESERVATIVES



ON LOCATION

city of trees

BOISE, ID

POPULATION: 214,237

Potatoes aren't the half of this livable, lovable, surprisingly charming city.

MODERN FAMILY You don't have to be a traveler to enjoy the Modern Hotel's hospitality. It hosts an annual hotel-room art crawl, an indie film festival, and summer campfire story hours featuring authors and a fire pit. themodernhotel.com

RECIPE FOR SUCCESS Give Isabelle Krake an A+. The home-schooled high schooler used Kickstarter to launch a healthy, vegan-conscious bakery—for her final project. Two years later, Boise's Bakery is going strong. Kids today! beewisegoods.com

GRAND SLAM Story Story Night's monthly themed story parties give locals a 10- to 15-minute spotlight to share personal tales in front of a live audience. Not in the area? Tune in to the free podcast. storystorynight.org

GO NUTS Downtown's City Peanut Shop is a snacker's delight, serving fresh batches of unexpected sweet, savory, and spicy flavor combos—think cinnamon almonds, lime-curry cashews, and chili-cherry mixed nuts. And on first Thursdays: beer pairings with local breweries. citypeanut.com

MIND MATTERS Love this: creativity boot camp. The folks at Bricolage boutique, gallery, and workspace host weekly meet-ups for people looking to exercise their right brains or break out of ruts. Think analog craftivities, team challenges, and lots of mind games. bricoshoppe.com

VOICE OF SEASON Peaceful Belly Farm's dirt-to-dinner experience is as local as it gets. Farmer Josie Erskine often performs live opera, the sunset serves as ambience, and regional wines complement the farm-grown food. peacefulbelly.com ■

Locals are nutty for City Peanut Shop.

WHO KNEW?

You're saying it wrong: Locals pronounce it BOY-see, not BOY-zee.

Not your average air show: The annual Spirit of Boise Balloon Classic, held in August. spiritofboise.com

Straight from the vine—Boise Riesling in a can. splitrailwines.com

At Boise Fry Co. it's all fries all the time. Pick from six types of potatoes served four different ways. boisefrycompany.com

Outfit your own adventure at Backcountry Pursuit, an outdoor gear consignment shop. backcountrypursuit.com

Peaceful Belly Farm knows how to elevate the alfresco experience. Meals are timed to the sunset, and a live aria is dinner music.



DON'T DENY YOUR DRY EYES

It may surprise you that if you're experiencing any of these symptoms, you may have **Chronic Dry Eye disease**:

- ▶ **Dryness/itching**
- ▶ **Burning/stinging**
- ▶ **Feeling like something is in your eye**
- ▶ **Sensitivity to light**
- ▶ **Blurry vision**
- ▶ **Problems wearing contact lenses**
- ▶ **Watering eyes**

Chronic Dry Eye can limit your ability to perform daily activities that involve your eyes. Over time it can have potential consequences for your eyes—damage to the front surface of the eye, increased risk of infection, and effects on your vision. The good news is that treatment options are available.

TAKE ACTION NOW

- ➔ **SCHEDULE** a medical exam with your optometrist or ophthalmologist to see if you have Chronic Dry Eye. Don't wait.
- ➔ **GO TO mydryeyes.com, TAKE** a brief questionnaire eye doctors use to assess Chronic Dry Eye, and **SHOW** the results to your eye doctor.



SUNNY SIDE

Ultra-moisturizing and packed with vitamins that help shield skin and hair from UV damage, sunflower oil is beauty's latest bumper crop. *Counterclockwise from top:* Kiehl's Sunflower Color Preserving Shampoo, \$19; kiehls.com. Josie Maran Argan Enlightenment Illuminizing Veil (in compact), \$30; josiemarancosmetics.com. Tarte Brazilliance Skin Rejuvenating Maracuja Face and Body Self Tanner, \$39; sephora.com. Nuance Salma Hayek Raw Honey Color Protect Hair Mask, \$10.99; cvs.com. Fekkai Soleil L'Air de St. Barths Hair Fragrance Mist, \$20; fekikai.com. Neutrogena Naturals Lip Balm, \$2.99; neutrogena.com.



“I WANT
MOISTURE
THAT LASTS –
AND LASTS.”

Ultra Moisture
Body Wash's rich
lather cleanses and
replenishes skin with
long-lasting moisture.

Olay leaves 100% more
moisturizers on skin than
Dove Deep Moisture
Body Wash, for superior
moisturization with
continued use. Your best
beautiful skin begins
in the shower.

OLAY LEAVES
**100% MORE
MOISTURIZERS**
ON SKIN




OLAY
body

Your skin transformation begins on Olay.com

YOUR BEST BEAUTIFUL™



IN PERSON winnie beattie

Owner of Warm, a Manhattan boutique; president of fashion and beauty PR firm Siren; and mom of three rough-and-tumble surfer boys.

BY JOLENE EDGAR

SHOP GIRL Winnie, who spent half of her life in Hawaii, opened Warm in the spring of 2012 with her photo-agent husband, Rob Magnotta, as an ode to their collective love of surf and skate culture, fashion, travel, and style.

MALIBU TO LE MARAIS “My icons are the real Cali girls of the late ’60s, early ’70s. They had the whole beachy, skater, peasant thing down authentically. A friend of mine coined the phrase ‘surf in Paris.’ That’s my kind of style—urban beach.”

GLOW AND TELL “I’m all about looking dewy and glowy—without much makeup. For workdays, I give my lips and cheeks a rosy sheen with McBride Beauty X Wax + Cruz Pink Moon Balm or Vaseline Lip Therapy Rosy Lips and swipe on Eyeko’s Original Mascara Wardrobe.” \$20; mcbridebeauty.com. \$2.49; Target stores. \$38; eyeko.com.

SUMMER PLAYLIST “Sun Blows Up Today” (The Flaming Lips), “West Coast” (Coconut Records), “Let’s Go Surfing” (The Drums), “California Sun” (Ramones), “Santa Monica” (Everclear).



“What’s better than real-life rose-colored glasses?” The Nite Shift in Crystal Peach with Rose Gradient, \$56; crapeyewear.com

“We escape to Costa Rica as often as possible for family surf trips. Bliss!”

“Every piece in my home and in the store is something I genuinely love.”



Design element: Indego Africa Peace Basket, \$75; in store at Warm and indegoafrica.org

“This fragrance oil smells like the beach—musky and salty.” \$40; warmny.com



Pedicure pick: Deborah Lippmann Nail Color in Fashion, \$18; deborahlippmann.com



“These sandals are cool and comfy.” \$128; in store at Warm

STYLE SPOTTERS

The best oils, sunscreens, and soaps. More on Winnie’s beauty routine: BHG.com/Winnie



NO WORRIES HERE.

Secret Outlast Clear Gel. Superior odor protection that goes on clear for no white marks. FEARLESSNESS. APPLY DAILY.



+ NO WHITE MARKS

IN THE KNOW

cleansers

BY ELLEN MILLER

3 RULES FOR...

washing your face

- 1 SPENDING MORE DOESN'T NET BETTER RESULTS** Remember, this is a product you literally wash down the drain. "Cleansers spend very little time in contact with your skin, compared to serums and moisturizers," says Dendy Engelman, M.D., a dermatologist in New York City. While some amazing high-end cleansers certainly contain cool ingredients, smell great, and leave skin feeling soft, they won't change your skin—that's what treatments and creams are for. After price, consider what kind of cleanser best matches your skin type. Anyone can use a cleansing oil, cream, or micellar water (a new watery product you apply with a cotton round). If you're dry, avoid charcoal cleansers or anything that foams a lot. If you're acne-prone, go for a gel that contains salicylic acid.
- 2 DON'T OVERDO IT** Double cleansing—using an oil to melt off makeup followed by another face wash to eighty-six pollutants—is a thing right now. Also popular: All manner of electronic exfoliating gadgets and gizmos. "There's certainly nothing wrong with either," Engelman says. "I use a skin brush myself. But you have to figure out what your skin can handle." Over-cleansing removes the skin's natural biofilm—the layer that helps keep it soft. Here's a test to see if your cleansing routine is right for you: After rinsing, skin should feel supple, not squeaky clean. If it's the latter, switch to just one moisturizing cleanser and limit exfoliation to twice a week.
- 3 NO EXTREME TEMPERATURES** If the water you're using is too hot, it can cause serious dryness. Go too cold and it will close up pores, meaning your cleanser can't evict blackheads from their hiding places. Lukewarm is just right, Engelman says. Massage cleanser onto skin with circular motions. The "up and out" direction can actually help prevent pimples and clogs.

WIN!

Enter on August 3 for your chance to win a Clarisonic Mia 1. Details on page 150. BHG.com/Clarisonic

Tool box

Extra, extra!

These all-new accessories help amp up your regimen.

BRUSH Gently remove dead skin cells with the Clarisonic Mia 1 in Mai Tai. \$99; clarisonic.com

KONJAC SPONGE Infuse skin with brightening konjac root with Boscia Konjac Cleansing Sponges. \$15 each; sephora.com

TRAVEL WIPES Simple Skincare Micellar Makeup Remover Wipes get the job done while you're on the go. \$7.99; target.com



5 COOL CLEANSERS



DID YOU KNOW?

Cleansing skin thoroughly can help the ingredients in your serums and moisturizers penetrate more easily, boosting effectiveness.

- 1 CHARCOAL** Bioré Pore Penetrating Charcoal Bar, \$6.49; drugstore.com
- 2 OIL** Garnier Clean + Nourishing Cleansing Oil, \$7.99; ulta.com
- 3 MICELLAR WATER** Boots Botanics All Bright Micellar 3-in-1 Cleansing Solution, \$7.49; target.com
- 4 FOAM** Lumene Bright Touch Refreshing Cleansing Foam, \$10.99; cvs.com
- 5 CREAM** Nourish Organic Moisturizing Cream Face Cleanser, \$13.99; nourishorganic.com ■



KEEP BEING HER FAVORITE PLAYMATE

Just because your bladder is changing doesn't mean you have to.
With TENA *InstaDRY*'s unique super-absorbent micro beads that
lock in moisture and odor, **TENA LETS YOU BE YOU.**



For more information, visit www.tena.us.



TENA and InstaDRY are registered trademarks of SCA Hygiene Products © 2015 SCA Personal Care, Inc.

pickling picnic

Cucumbers, carrots, and corn—oh my! It's the season for sharing and preserving. Foodie (and canning pro) Aimée Wimbush-Bourque shows how to make a party out of all the slicing and dicing.

THE EXCUSE

Summer produce is at its peak, and gardens are overflowing. Now's the time to pickle, preserve, and freeze so you can enjoy the bounty all year.

THE METHOD

Pick some produce (or stop by a farmers market), then set up assembly-line workstations.

THE DRINK

Homemade lemonade can be prepared ahead to quench thirst.

THE NIBBLES

Fresh veggies, cheeses, salami, and crackers served on platters keep things simple.



THE HOST

Aimée Wimbush-Bourque, a Montréal-based cookbook author and food blogger (simplebites.net).

life is
theorizing
where babies
come
from,

and a memory foam
mattress so you
can sleep like one

SULTAN HANSBO
king memory foam
pillowtop spring mattress

\$499



first59.com

SULTAN HANSBO king memory foam pillowtop spring mattress \$499 25-year limited warranty. See your local IKEA store or IKEA-USA.com/warranty for details. A 1½" thick layer of memory foam in the integrated pillowtop responds to your touch and temperature, conforming to your body's contours for precise support. 11" thick. Comfort: Soft. See IKEA store for limited warranty and country of origin information. Valid in US IKEA stores.



SO REFRESHING

Homemade lemonade steeped with lemon balm and lemon wedges is as pretty as it is flavorful.

FREE PARTY KIT

Get all the recipes, assembly line step-by-step, downloadable tags, and herb wreath how-to. BHG.com/PicklingParty

1

3

2

4

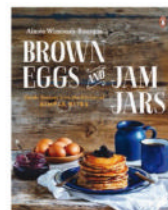
THE DETAILS

1 Mildly minty lemon balm lemonade is Aimée's signature summer cooler. She makes a batch of concentrate and freezes it in ice cube trays so she doesn't have a lot of prep on party day. 365+ Wine Glass, \$1.49; IKEA stores

2 An assembly line makes light work of classic garlic dill pickles. "One person measures ingredients, while others wash, slice, or pack jars," Aimée says.

3 Whipped berry butter—a blueberry topping for toast, scones, and crepes—looks yummy (and ready for gift-giving) in cute jars. Tulip jelly jars, \$13.55 for six; weckjars.com

4 "I love to send guests home with a little something to remember our time together," Aimée says of her fresh herb wreaths. Once dry, the herbs (rosemary and thyme among the mix) can be snipped and used in recipes. ■



Aimée's new cookbook, *Brown Eggs and Jam Jars* (Pintail; \$25), inspires garden-to-table cooking with recipes for every season.



The Keebler Elves have outdone themselves
with Jif® peanut butter, crunchy nuts and fudge.
Is this their *best cookie yet?* You be the judge.

DO YOU
BELIEVE
-IN-
Elves?™



Serving size equals 2 cookies.



Can you tell what's in your dog's food?



Some brands add red dye.



We add red apples.

Unlike some dog foods, we don't use artificial color. Instead, we put 5 real fruits and veggies in every bag. Turns out red and green apples, sweet potatoes, cranberries, green beans, and peas provide plenty of color, naturally.

NUTRO™ FARM'S HARVEST.™ Honest to Dog.



home



10 THINGS TO LOVE ABOUT *seeing the big picture*

Betsy Bracken isn't about to let modest square footage stop her from living large. Learn her tricks for tapping any home's potential.

BY SALLY FINDER WEEPIE | PHOTOS DAVID TSAY | PRODUCED BY EDDIE ROSS

SMALL SPACE
 1,700 sq. ft.

Home base for one designer, one big dog, and lots of indoor-outdoor get-togethers.

IT'S OK TO BE SHORT ON SPACE. Just don't be short on creativity—or skinny margaritas. That's Betsy Bracken's advice. When she moved into a sweet little cottage in Cardiff-by-the-Sea, California, Betsy brought along smart strategies to make it feel just right. The biggest game-changer: Think outside the house.

"Having an outdoor living space is a whole new world for me—and for my dog," former condo-dweller Betsy says with a laugh. But she wasn't about to settle for a patch of patio separate from the house. Instead, she let nature come in and gatherings flow out by trading the picture window in her living room for folding glass doors. They open to a new deck that connects to the patio, upgraded with a table and chairs into an alfresco dining spot.

Inside, Betsy added storage for great function and meaningful decor for rich character. She picked up some of the pieces at flea markets and on buying trips for her home decor and lifestyle store, Bixby & Ball. Others are inherited gems. "My place is full of my favorite things," Betsy says.


GARDEN SPOT

Potted plants can move outside for instant tabletop decor.


1 LET IT FLOW

A tight palette and repetition of materials create a comfortable, easy flow that's important in a small space. Think cohesively, but throw in a few surprises, such as the orange tray, to avoid a matchy-matchy look.

2 SWATCH AND LEARN

Think small-house palette and you probably think airy, space-expanding white. Betsy doesn't stop there: Soft greens connect inside and out, and bursts of vibrant color add a happy zing.



GO DUTCH
Here's a breath of fresh air for a modest kitchen.

3 DEMAND MORE
IKEA cabinets, *above and opposite*, pack a lot of storage into not a lot of space. Betsy also sings the praises of expandable furniture pieces, like the kitchen table, which unfolds to seat six.

4 KICK UP THE CURB APPEAL
Little design details add big style: A charming fence and swath of plantings separate the curb and house, *right*. A flagstone path defines the entrance; a small dormer adds stature.





5 PICTURE YOUR ESCAPE

Betsy replaced the living room window with accordion doors, *left*. “The space feels much bigger now,” she says. A glass coffee table and leggy furniture keep things airy; colorful fabrics pump up the pretty.

6 LIGHTEN UP

Painting the living room built-in white, *below left*, makes it blend into the wall. The fireplace surround, *below*, once a dark granite, is now gray limestone.

7 TELL YOUR STORY

“I want pieces in my home that are meaningful,” says Betsy, great-granddaughter of a Ball jar company founder. She has both a killer collection of jars and great memories of the annual family reunion in Leland, Michigan. “I’ve never missed a summer in my 35 years,” she says. Her mom’s side of the family “lives” with her, too: Betsy inherited the brass shell table, *left*, from her other set of grandparents.



MESH PERFECTLY

TV components hide behind metal screens. The remote still works!



FAMILY TREE

Being part of the Ball family means Betsy has some primo jars to display.

They're simply refreshing, yet refreshingly simple.



No added preservatives. No added colors. No artificial flavors.
Honestly Simple®

“Be intentional and thoughtful with every furniture and décor choice. **IN A SMALL SPACE,** everything should have a purpose and be functional or meaningful to you.”

Betsy Bracken



 *Dover White 6285
Sherwin-Williams*



TUCK IN FUNCTION
The little ledge takes no floor space but adds surface area.

8 SPLURGE (A LITTLE)

Betsy's big splurge was a powder-coated metal shower door in her bath, *left*. It's custom, but the wow look of old factory windows was worth it, especially because you can see into the bath from anywhere in the small house.

9 STAY FOCUSED

In the bedroom, *above*, a modern metal canopy frame is a functional focal point. It draws the eye up and around the room without blocking sight lines or adding a lot of visual clutter.

MAXIMIZE SPACE

Watch our videos to uncover the secrets to living large in your small space.
BHG.com/SmallHome

PARTY ON WHEELS

A well-stocked bar cart means Betsy is always ready for an impromptu gathering.

**10 SHOWCASE ART**

A picture rail that runs through the house adds architectural interest and allows Betsy to easily hang her art. The geranium painting over the bar cart was a \$20 flea market find. ■

"I don't have many square inches in my house, but **I LOVE EVERY ONE** of them."

Betsy Bracken

For complete buying information: BHG.com/Resources

POWERFULLY CLEAN VIBRANTLY FRESH

ACADIA NATIONAL PARK
- MAINE -



National Park Foundation

ARM & HAMMER™ is proud to contribute to the National Park Foundation in helping to preserve America's National Parks.

**THE CLEAN YOU NEED,
SCENTS INSPIRED BY NATURE,
FOR LESS.**

*per load vs. the leading detergent

Find us on

luscious mango

Like energy shots for your home, these refreshing shades are just the boosts you need to give your rooms a bright outlook.

LIL' MELON

This rich shade belongs in a space where you entertain, such as the living room or patio. Accent it with palm-frond green and shiny metals like brass or antique gold. *Devine Color*

GINGHAM PEACH

8-5 This creamy shade has a luminous effect. Use it behind a bed dressed in sky blue and white linens. *Pratt & Lambert*

STIRRING ORANGE

SW 6889 Wake up an entry with this juicy hue. Use high-gloss paint on your front door for a cheery welcome. *Sherwin-Williams*

ORANGE SHERBET

GL015 This mellow mango is gracious with other yellows, making it the perfect suitor for a beige-carpeted family room or maple kitchen cabinets. *Glidden*

CORAL SERENADE

129-5 This flattering pinkish tone is a natural fit for bedrooms and baths where you want to look your best. *Pittsburgh Paints*



Neighborly Peach
Sherwin-Williams

“Orange can be energetic and vibrant, or calming and soft, like an element of nature.”

Khristian A. Howell

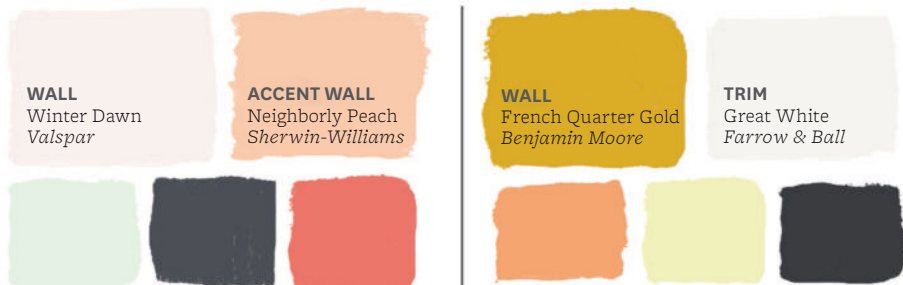
WHAT'S NEW Color and pattern expert Khristian A. Howell, whose new Form+Fxn e-design service helps homeowners revamp their own space, loves using these soft mango shades in her room transformations.

PRETTY PASTELS

“Pastels are super hot right now, and these hues let you bring in the trend without feeling like you're living in an Easter egg. For just a kiss of color, pick a shade and use it in an accent textile or interesting paint treatment. I'd love to see it on a ceiling in an ombré effect.”

TOASTY “These shades bring such warmth to a space, and it can be fun to just saturate the room with an orange glow. Layer in yellows and golds, copper and brass, and rich dark woods.”

ENERGIZE A ROOM WITH RIPE MANGO



WALL
Winter Dawn
Valspar

ACCENT WALL
Neighborly Peach
Sherwin-Williams

WALL
French Quarter Gold
Benjamin Moore

TRIM
Great White
Farrow & Ball

TRIM, ACCENTS (left to right): Dewy (Sherwin-Williams), Blue Coal (Valspar), Coral Reef (Sherwin-Williams)

PASTEL PUSH As the old adage suggests, orange and blue are opposites that naturally attract. This appealing look employs a livable pastel orange as an accent wall. Deep navy is a crisp salute, especially in high gloss. “Try it on the doors,” Khristian says.

ACCENTS (left to right): Orange Nut (Valspar), Gentle Touch (Clark & Kensington), Soot (Benjamin Moore)

GO FOR GOLD Another compelling way to use orange is with its color-wheel neighbors: golds and yellows. Pick hues with similar intensity, such as these strong midtones. “I could see it with gray-washed woods and bright white furnishings,” Khristian says. ■

double up

Two buyable sofa tables become an easy DIY kitchen island with twice the style and storage.

BY NATALIE McILWAIN | PHOTOS ADAM ALBRIGHT
PRODUCED BY CATHY KRAMER



We love a good furniture hack. This peppy island started life as a pair of sofa tables full of cubbies. Mounted back to back with a piece of sturdy plywood between and topped with a quartz-composite countertop, they become a two-sided workhorse you can customize for a slew of kitchen needs. And the big-personality finishing touch? A bold splash of color.



Get the look: Hemnes Sofa Table, \$199; ikea.com



*One-coat guarantee on MARQUEE® Interior Paint & Primer Rated #1 by a Leading Consumer Survey

BEHR 
MARQUEE®
BEHR'S MOST ADVANCED PAINT

NO. 1 RATED INTERIOR PAINT†
ONE-COAT GUARANTEED*
ONE HAPPY COUPLE

Exclusively at





Freshwater 6774
Sherwin-Williams

1

center of attention

The hub of your home will look great and function even better with these simple solutions and storage tricks.

- 1. ROLL OUT** Attach heavyweight casters to the legs so you can move your island wherever it's needed.
- 2. PERFECT FIT** Mount closet rod brackets and a dowel to keep paper towels in easy reach.
- 3. SEPARATE SPACES** Organize wire racks, trays, and cutting boards with tension rods. The best part? The rods can be rearranged easily.
- 4. DOWEL POWER** Trim dowels to fit this hole-y basket for a perfect grab-and-go plate (or napkin) solution. Clear Storage Basket, \$9.99; bedbathandbeyond.com
- 5. BASKET CASE** Have some items you'd rather not put on display? Tuck them in baskets with cute labels. ■

MAKE THIS ISLAND

You can get a custom island in a weekend or less with a few off-the-shelf basics. Get the full how-to. BHG.com/BluesIslandDIY

For complete buying information: BHG.com/Resources



2



3



4



5



PROJECTS GALORE!

For even more great furniture makeover ideas, check out our new Better Homes and Gardens® book, *150+ Quick & Easy Furniture Projects*. \$21.99, Houghton Mifflin

Dear Sam,

The pressure you
put me under is
too much.

I QUIT!

Sincerely,

Your Heart

Don't let your heart quit
on you. If you are living
with high blood pressure,
just knowing and doing the
minimum isn't enough.

Uncontrolled high blood
pressure could lead to stroke,
heart attack or death.
Get yours to a healthy range
before it's too late.

Find out how at
heart.org/BloodPressure

Check. Change. **Control.**™



IT'S NEVER TOO EARLY TO INVEST IN A GOOD THING.

Introducing Better Futures™—a whole new kind of investment with a greater return than money. When you invest, it helps kids go to college. Because a mind is a terrible thing to waste but a wonderful thing to invest in.™

Invest in Better Futures at UNCF.ORG/INVEST
©2013 UNCF

TOUGH Clear, Repair Anything TAPE.



Clear, Strong and Durable, will fix,
patch, seal and hold almost anything.



Inflatables



Toys



Cracked Smartphone



**For the Toughest Jobs on
Planet Earth®**

www.gorillatough.com

©2015 The Gorilla Glue Company

mr. small space

Apartment Therapy founder Maxwell Ryan has made a career of teaching people to design beautiful, organized homes—even in the tiniest footprints. Step inside his own apartment to see how he does it.

BY PAIGE PORTER FISCHER | PHOTOS JIM FRANCO
STYLING JOE MAER

SMALL SPACE 1,000 sq. ft.

A Manhattan apartment that houses a dad, his 8-year-old, and dozens of space-savvy tricks.

“The nice thing is that your whole life is literally at your fingertips,” Maxwell Ryan says of his 1,000-square-foot place—his biggest ever.



NEW 24 HR freshness that
POPS
AROUND THE
CLOCK



*Save \$3.00 at www.coupons.com/Tide
Like any household detergent, keep away from children.



LIVING LARGE

Maxwell has a few tricks to keep rooms from closing in. First, he gives each space at least three sources of light. “The same space with more light in it will instantly feel bigger,” he says. “You’ll get the feeling of all the room you actually have.” Second, he stains floors dark—coffee bean, espresso, or even black—and paints walls white. “The contrast creates the illusion of more space, and then you have freedom to incorporate some color,” he says. (He doesn’t go crazy with color, though. His general guideline: Use color on about 20 percent of the surfaces in a room.) Third, he removes as many doors as possible to create better flow. “Doors can make spaces feel confined and closed up,” he says.

Curtains and roller shades are Maxwell’s “dimmer switches” to create light-filtering ambience in the living room, above. A space-smart demilune table, right, holds favorite pieces from family and friends.



GO COTTONELLE® GO COMMANDO

Only Cottonelle® has CleanRipple® texture to get you clean,
giving you all the confidence you need to go commando.



Go big in a small room? Most definitely! In the dining room, Maxwell added drama with oversize light fixtures and a large mirror.



Maxwell designed this plywood table after a display piece he saw at a show. See his tutorial ("How to Make a Simple Modern Table"): apartmenttherapy.com



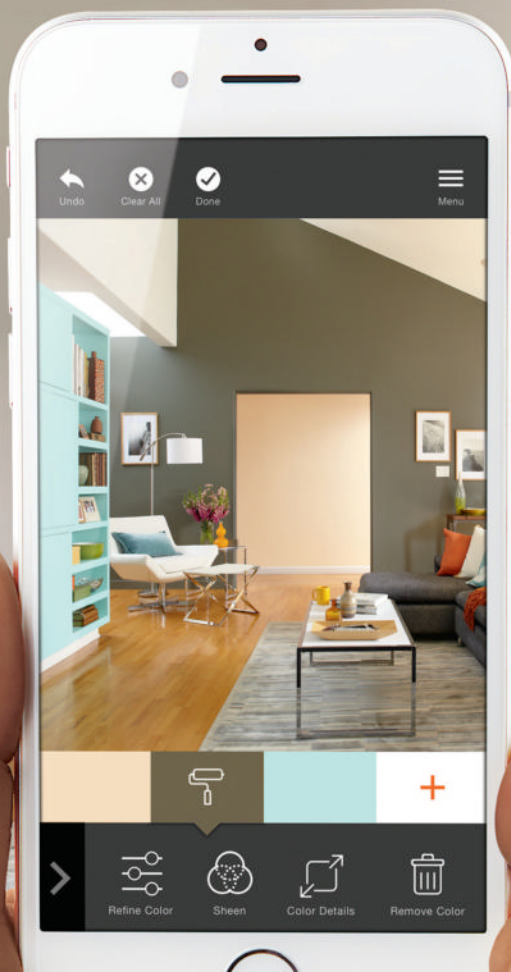
INTRODUCING THE COLOR CENTER APP.

Choose a color. Paint in virtual reality.
Test it in different lighting. It's part of a new
color experience from The Home Depot.
In hand. Online. And at the store.

VS.

LET'S DO THIS.™

homedepot.com/colorcenter



Bookcase: BEHR® Shimmering Pool P440-1
Wall: BEHR® Primitive N320-7

© 2015, HOMER TLC, Inc. All rights reserved.



More saving.
More doing.



"I love open shelves because everything is **RIGHT IN FRONT** of me. I don't want to dig for things I use every day."

Maxwell Ryan

Maxwell believes in balancing budget finds with splurges. The moppable Swedish rug, *left*—which Maxwell calls "bulletproof"—was a splurge. But the restaurant-style stainless-steel shelves, subway tile, and paint delivered big impact on a dime.

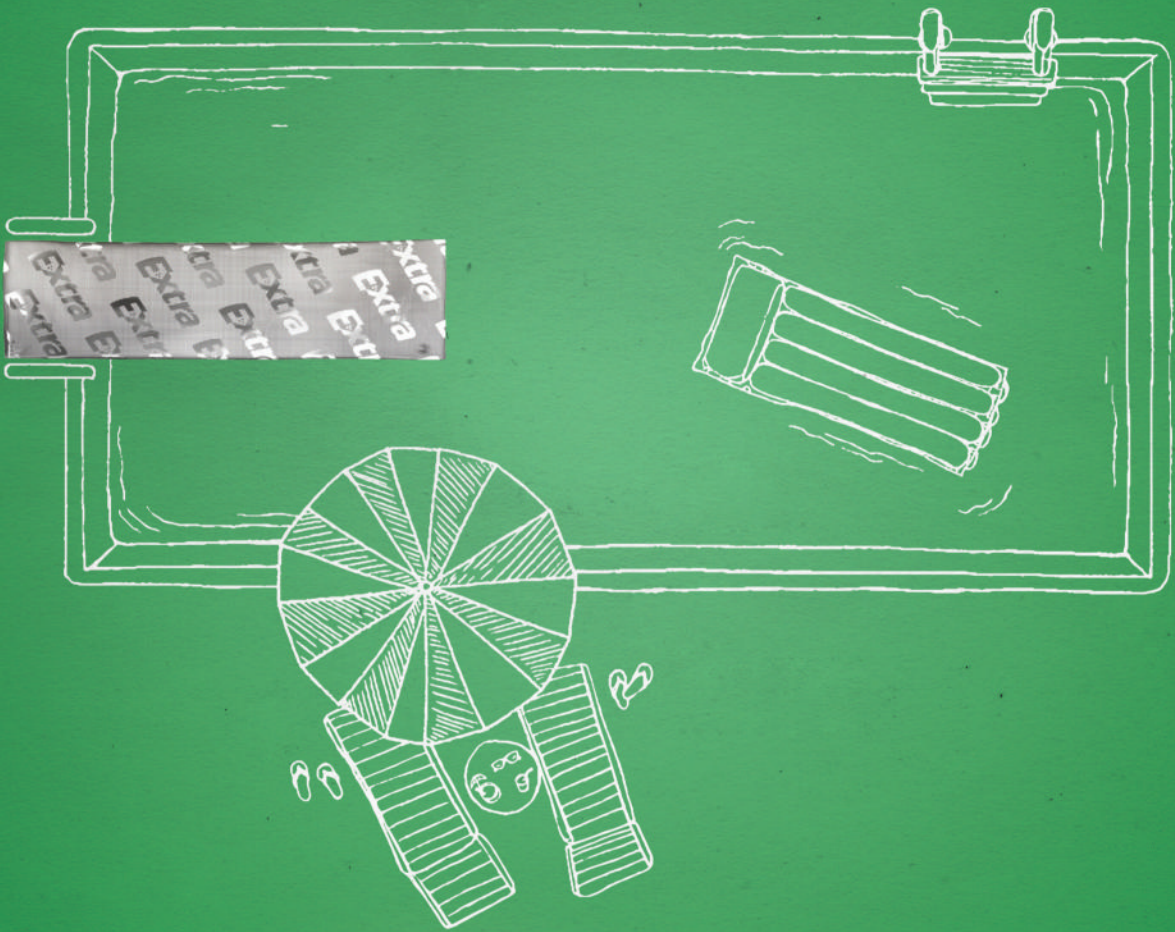
An old crock filled with leafy branches, *below*, is less fussy (and longer-lasting) than most cut flowers. It also reflects Maxwell's "European modern" style. "In Europe, they're good at mixing old and new so effortlessly," he says.

FUNCTION AND STYLE

An avid cook, Maxwell remodeled his kitchen for efficiency. "I don't have anything in my kitchen that is only decorative," he says. "I keep it very organized and use every last thing." The space also shows Maxwell's design smarts. After removing upper cabinets, he painted the walls black and the lower cabinetry white for high contrast. He replaced the old laminate countertops with Carrara marble and used white subway tile left over from another project for a backsplash. A compact butcher-block island serves as command central.



DISHING IT OUT POOLSIDE WITH YOUR BFF



Sometimes, the little things
last the longest.

give



extra.



KEEPING THE CALM

“Balance is so important when decorating, because symmetry and order help establish a sense of calm,” says Maxwell (left, with his daughter, Ursula). Furniture and art are his main ways to achieve that. In his bedroom, he placed tables, lamps, and his mom’s paintings on both sides of the bed. A grayish-purple feature wall was his shake-things-up surprise. “It’s calming and works with the other colors in the house,” he says. ■

An upholstered headboard provides a comfy backrest for reading in bed. “It’s also a powerful way to absorb sound and have a more quiet retreat,” Maxwell says. “A room feels safe if it’s cozy and quiet.”



For complete buying information: BHG.com/Resources

NexGard® (afoxolaner) Chewables

CAUTION: Federal (USA) law restricts this drug to use by or on the order of a licensed veterinarian.

Description:
NexGard® (afoxolaner) is available in four sizes of beef-flavored, soft chewables for oral administration to dogs and puppies according to their weight. Each chewable is formulated to provide a minimum afoxolaner dosage of 1.14 mg/lb (2.5 mg/kg). Afoxolaner has the chemical composition 1-(Naphthalenecarboxamide, 4-[5-[3-chloro-5-(trifluoromethyl)-phenyl]-4, 5-dihydro-5-(trifluoromethyl)-3-isoxazolyl]-N-[2-oxo-2-[1,2,2-trifluoroethyl]amino]ethyl).

Indications:
NexGard kills adult fleas and is indicated for the treatment and prevention of flea infestations (Ctenocephalides felis), and the treatment and control of Black-legged tick (Ixodes scapularis), American Dog tick (Dermacentor variabilis), Lone Star tick (Amblyomma americanum) and Brown dog tick (Rhipicephalus sanguineus) infestations in dogs and puppies 8 weeks of age and older, weighing 4 pounds of body weight or greater, for one month.

Dosage and Administration:
NexGard is given orally once a month, at the minimum dosage of 1.14 mg/lb (2.5 mg/kg).

Dosing Schedule:

Body Weight	Afoxolaner Per Chewable (mg)	Chewables Administered
4.0 to 10.0 lbs.	11.3	One
10.1 to 24.0 lbs.	28.3	One
24.1 to 60.0 lbs.	68	One
60.1 to 121.0 lbs.	136	One
Over 121.0 lbs.	Administer the appropriate combination of chewables	

NexGard can be administered with or without food. Care should be taken that the dog consumes the complete dose, and treated animals should be observed for a few minutes to ensure that part of the dose is not lost or refused. If it is suspected that any of the dose has been lost or if vomiting occurs within two hours of administration, redose with another full dose. If a dose is missed, administer NexGard and resume a monthly dosing schedule.

Flea Treatment and Prevention:
Treatment with NexGard may begin at any time of the year. In areas where fleas are common year-round, monthly treatment with NexGard should continue the entire year without interruption.

To minimize the likelihood of flea reinfestation, it is important to treat all animals within a household with an approved flea control product.

Tick Treatment and Control:
Treatment with NexGard may begin at any time of the year (see Effectiveness).

Contraindications:
There are no known contraindications for the use of NexGard.

Warnings:
Not for use in humans. Keep this and all drugs out of the reach of children. In case of accidental ingestion, contact a physician immediately.

Precautions:
The safe use of NexGard in breeding, pregnant or lactating dogs has not been evaluated. Use with caution in dogs with a history of seizures (see Adverse Reactions).

Adverse Reactions:
In a well-controlled US field study, which included a total of 333 households and 615 treated dogs (415 administered afoxolaner, 200 administered active control), no serious adverse reactions were observed with NexGard.

Over the 90-day study period, all observations of potential adverse reactions were recorded. The most frequent reactions reported at an incidence of > 1% within any of the three months of observations are presented in the following table. The most frequently reported adverse reaction was vomiting. The occurrence of vomiting was generally self-limiting and of short duration and tended to decrease with subsequent doses in both groups. Five treated dogs experienced anorexia during the study, and two of those dogs experienced anorexia with the first dose but not subsequent doses.

Table 1: Dogs With Adverse Reactions.

	Treatment Group			
	Afoxolaner		Oral active control	
	N ¹	% (n=415)	N ²	% (n=200)
Vomiting (with and without blood)	17	4.1	25	12.5
Dry/Flaky Skin	13	3.1	2	1.0
Diarrhea (with and without blood)	13	3.1	7	3.5
Lethargy	7	1.7	4	2.0
Anorexia	5	1.2	9	4.5

¹Number of dogs in the afoxolaner treatment group with the identified abnormality.
²Number of dogs in the control group with the identified abnormality.

In the US field study, one dog with a history of seizures experienced a seizure on the same day after receiving the first dose and on the same day after receiving the second dose of NexGard. This dog experienced a third seizure one week after receiving the third dose. The dog remained enrolled and completed the study. Another dog with a history of seizures had a seizure 13 days after the third dose of NexGard. The dog remained enrolled and completed the study. A third dog with a history of seizures received NexGard and experienced no seizures throughout the study.

To report suspected adverse events, for technical assistance or to obtain a copy of the MSDS, contact Merial at 1-888-637-4251 or www.merial.com/nexgard. For additional information about adverse drug experience reporting for animal drugs, contact FDA at 1-888-FDA-VIDE or online at <http://www.fda.gov/AnimalVeterinary/SafetyHealth>.

Mode of Action:
Afoxolaner is a member of the isoxazole family, shown to bind at a binding site to inhibit insect and acarine ligand-gated chloride channels, in particular those gated by the neurotransmitter gamma-aminobutyric acid (GABA), thereby blocking pre- and post-synaptic transfer of chloride ions across cell membranes. Prolonged afoxolaner-induced hyperpolarization results in uncontrolled activity of the central nervous system and death of insects and acarines. The selective toxicity of afoxolaner between insects and acarines and mammals may be inferred by the differential sensitivity of the insects and acarines' GABA receptors versus mammalian GABA receptors.

Effectiveness:
In a well-controlled laboratory study, NexGard began to kill fleas four hours after initial administration and demonstrated >98% effectiveness at eight hours. In a separate well-controlled laboratory study, NexGard demonstrated 100% effectiveness against adult fleas 24 hours post-infestation for 35 days, and was >93% effective at 12 hours post-infestation through Day 21, and on Day 35. On Day 28, NexGard was 81.1% effective 12 hours post-infestation. Dogs in both the treated and control groups that were infested with fleas on Day -1 generated flea eggs at 12- and 24-hours post-treatment (0-11 eggs and 1-17 eggs in the NexGard treated dogs, and 4-90 eggs and 0-118 eggs in the control dogs, at 12- and 24-hours, respectively). At subsequent evaluations post-infestation, fleas from dogs in the treated group were essentially unable to produce any eggs (0-1 eggs) while fleas from dogs in the control group continued to produce eggs (1-141 eggs).

In a 90-day US field study conducted in households with existing flea infestations of varying severity, the effectiveness of NexGard against fleas on the Day 30, 60 and 90 visits compared with baseline was 98.0%, 99.7%, and 99.9%, respectively.

Collectively, the data from the three studies (two laboratory and one field) demonstrate that NexGard kills fleas before they can lay eggs, thus preventing subsequent flea infestations after the start of treatment of existing flea infestations.

In well-controlled laboratory studies, NexGard demonstrated >97% effectiveness against *Demacantor variabilis*, >94% effectiveness against *Ixodes scapularis*, and >93% effectiveness against *Rhipicephalus sanguineus*, 48 hours post-infestation for 30 days. At 72 hours post-infestation, NexGard demonstrated >97% effectiveness against *Amblyomma americanum* for 30 days.

Animal Safety:
In a margin of safety study, NexGard was administered orally to 8- to 9-week-old Beagle puppies at 1, 3, and 5 times the maximum exposure dose (6.3 mg/kg) for three treatments every 28 days, followed by three treatments every 14 days, for a total of six treatments. Dogs in the control group were sham-dosed. There were no clinically-relevant effects related to treatment on physical examination, body weight, food consumption, clinical pathology (hematology, clinical chemistry, or coagulation tests), gross pathology, histopathology or organ weights. Vomiting occurred throughout the study, with a similar incidence in the treated and control groups, including one dog in the 5x group that vomited four hours after treatment.

In a well-controlled field study, NexGard was used concomitantly with other medications, such as vaccines, anthelmintics, antibiotics (including topicals), steroids, NSAIDs, anesthetics, and antihistamines. No adverse reactions were observed from the concomitant use of NexGard with other medications.

Storage Information:
Store at or below 30°C (86°F) with excursions permitted up to 40°C (104°F).

How Supplied:
NexGard is available in four sizes of beef-flavored soft chewables: 11.3, 28.3, 68 or 136 mg afoxolaner. Each chewable size is available in color-coded packages of 1, 3 or 6 beef-flavored chewables.

NADA 141-406, Approved by FDA
Marketed by Frontline Vet Labs™, a Division of Merial, Inc.
Duluth, GA 30096-4640 USA
Made in Brazil.

©NexGard is a registered trademark, and
™FRONTLINE VET LABS is a trademark, of Merial.
©2015 Merial. All rights reserved.
1050-4493-03
Rev. 1/2015

FRONTLINE VET LABS
A DIVISION OF MERIAL LIMITED

Chew on this fleas & ticks



NexGard® from the makers of FRONTLINE® Plus.
The only soft, beef-flavored chew for dogs that kills both fleas and ticks.

And it keeps killing for a full 30 days. Fleas and ticks hate it.
Vets recommend it.¹ And dogs, well, they're begging for it.²

For more information, ask your vet or visit NexGardForDogs.com.

IMPORTANT SAFETY INFORMATION

NexGard is for use in dogs only. The most frequently reported adverse reactions include vomiting, dry/flaky skin, diarrhea, lethargy, and lack of appetite. The safe use of NexGard in pregnant, breeding or lactating dogs has not been evaluated. Use with caution in dogs with a history of seizures.

1. Data on file at Merial.

2. Data on file at Merial.

©FRONTLINE and NexGard are registered trademarks, and TMFRONTLINE VET LABS is a trademark, of Merial, Inc.

©2015 Merial, Inc., Duluth, GA. All rights reserved. NEXPR15 (05/15)



From the makers of FRONTLINE® Plus.

3 things you didn't know your TV could do

Choose one with Internet access, and you'll enjoy all kinds of great connections. Here's how to take advantage of a smart TV's best features.

BY SUZANNE KANTRA



Today's Internet-enabled TVs offer more than streaming movies and the latest video uploads; they amp up some of your favorite electronic activities.

1. Show your photos and videos

When you want to share an important event or trip, it's no fun to crowd around a small computer screen. Instead, show photos and videos on a big-screen smart TV. Many new TVs have apps for sharing services, such as iPhoto and Flickr, but if yours isn't supported, there are other easy ways to create a digital photo display.

You can connect your phone or camera to your TV with an HDMI cable or pop the SD card out of your camera and into the slot in your TV. You can also connect your smartphone wirelessly to your smart TV. If your phone and TV are made by the same manufacturer, you simply select the screen-sharing option. Otherwise, you can download an app, such as iMediaShare (free for iOS and Android), onto your phone, and turn on DLNA (sometimes called Wi-Fi Direct) on your TV for sharing.

2. Help you get fit

Skip working out to a DVD. Now there's something better: live exercise classes in your home. Sites such as *wello.com*, *powhow.com*, and

trainerly.com offer a schedule of classes including yoga, kettlebell training, and ballet where you can view the instructor in action on your smart TV. With some online-based services, the instructor can see you

through your webcam and correct your form. You can even sign up for personal training sessions. Some classes are free, but on average, group classes cost \$5–\$15; personal training sessions start at \$20.

All you need to start this type of workout is an HDMI cable to connect your laptop to your TV—same idea as connecting your cable box or Blu-ray player. Have your BFF in another city sign up, too, and it's as if you were taking the class together.

3. Connect your family

Sure, you're used to using Skype on your laptop or your smartphone, but there's an advantage to using your smart TV for video chats. The video cameras and microphones in mid-range to high-end TVs are specifically designed for the distances most people sit from their televisions. You and your family can relax on the sofa and talk to a life-size image of Grandma, and she'll be able to see and hear each of you. ■



Home smarts

We can't wait to share the smart ideas and cool products in the 2015 BHG Innovation Home, the tech-savvy house we recently built in Mequon, Wisconsin. See it in our October issue; get even more info on innovation online. BHG.com/InnovationHome

THE NEWEST THING IN BATTERIES ISN'T 100% NEW.

Introducing *Energizer*® EcoAdvanced™



Our longest-lasting alkaline is also the
WORLD'S FIRST AA battery made with **4% RECYCLED BATTERIES**.

that's positivenergy™

energizer.com/ecoadvanced



© 2015 Energizer
Energizer, Energizer Bunny design, EcoAdvanced, card
and label graphics and other marks are trademarks of Energizer.



We Love
GREAT FOOD
And Even Better
CONVERSATION

The more we talk, the stronger our bonds become.

It's the same approach we use when looking for solutions to grow food more sustainably. We work with experts from a variety of fields to develop solutions for farmers that help ensure better harvests. That way, more families can access a balanced meal. It's time for a bigger discussion about food.

Be part of the conversation at Discover.Monsanto.com

MONSANTO



Monsanto and Vine Design® is a registered trademark of Monsanto Technology LLC © 2015 Monsanto Company.

DIG A *Little* DEEPER

Traditional Plant Breeding and Biotechnology

VOL. 4 FOOD/NUTRITION

Thanks to the combined efforts of many groups in agriculture, farmers today have access to a wide variety of solutions to help grow crops more sustainably. Two of these solutions are traditional plant breeding and genetic modification (also called biotechnology). Together these solutions are helping farmers have better harvests while using water and other important resources more efficiently.

1 *Traditional plant breeding* is a centuries-old practice that helps produce new and better varieties of plants. Basically, a breeder crosses the male (pollen) of one plant with the female organ of another. Ideally, the resulting offspring plant carries genes that reflect the best qualities of both parent plants – such as the ability to grow better in certain environments, improved taste, more nutrition, or a better texture and vibrant color. Most crops, including lettuce, peppers, broccoli, strawberries and other produce, are still bred this traditional way.



2 *Genetic modification* is the process of taking a favorable quality, or trait, that helps a living thing flourish in nature, like an ability to use water efficiently, and adapts that trait to a plant. In this way, the plant can better survive its environment – such as a disease-resistant genetically modified papaya introduced after a virus killed half the existing papayas in Hawaii. Many genetically modified plants are able to thrive successfully in places where moisture is scarce, or soil quality is challenged – providing a vital way to grow enough food in areas where farmers face growing challenges.

Both traditional plant breeding and genetic modification of crops have the goal of creating a new and better variety of plant. And both play a vital role in helping farmers have better harvests, so a balanced meal can be more accessible to all.

Food for thought:



About 97% of U.S. farms are operated by families.

Since the practice of agriculture began,

EIGHT TO TEN

thousand years ago, farmers have been altering the genetic makeup of the crops they grow.



Current commercial genetically modified crops in the U.S. include: corn, soybean, cotton, canola, sugarbeet, alfalfa, papaya and squash.



AUTUMN CHARM
Blooms shift from cream to russet in fall. Variegated foliage. 14–18 inches

MARINA
Blue-green foliage takes on a bold purple cast in summer. 10 inches

POOL PARTY
Late summer heat turns these flowers pink, making a splash above aqua foliage. 18 inches

HOT STUFF
This cutie's blooms open bright pink on tightly mounded plants. 10 inches

ORBIT BRONZE
Pink blooms and stems glow in contrast to deep bronzy-brown leaves. 14 inches

super sedums

Heat? Drought? No problem for these sturdy succulents. And new hybrids produce showier blooms than ever.

BY MARTY ROSS | PHOTOS LAURIE BLACK



PURELY NATURAL. PURELY DELICIOUS.



New Purely Fancy Feast® is thoughtfully crafted down to the smallest detail. Each entrée is made with real chicken, seafood or beef—natural ingredients, plus vitamins and minerals—and never any by-products or fillers. It's Purely delicious.

PURINA
Purely *Fancy Feast*

LOVE IS IN THE DETAILS

Fancy Feast Appetizers are now Purely Fancy Feast. Everything she loved about Appetizers, now in a natural, complete and balanced meal for adult cats.



DISCOVER MORE @
PURELYFANCYFEAST.COM



SEDUMS are riding the wave of affection for succulents of all kinds. These hardy sun-lovers thrive year after year without any pampering.

where they shine

IN POTS Sedums of all sizes and stripes are naturals for summer pots, especially if you're forgetful about watering. Bring a few together, *right*, or combine them with other low-water perennials such as small ornamental grasses and heucheras, or drought-tolerant annuals such as portulaca and lantana.

IN BEDS Use shorter varieties, such as Summer Glory, Ogon, and Cherry Tart, as

groundcovers. Sedums with variegated, bronze, or chocolate leaves (Autumn Charm, Orbit Bronze, and Chocolate Drop are a few of our faves) belong in the front of a border as decorative edging. Taller types provide all-season interest in naturalistic gardens, alongside black-eyed Susans, coneflowers, goldenrod, and native grasses. They also are at home in more formal settings—say, in front of a clipped boxwood hedge.



SHORT STUFF Often used as a groundcover, Summer Glory plays well with Touchdown Jade (back left) and Touchdown Flame (right).

Two irresistible flavors

I can't believe they're making a megastar like me do this.

Hey, I know those guys.



growing sedums

Modern sedums outnumber and outshine older varieties. Hybridizers have been working to produce sturdy plants with lots of showy flower clusters.

PLANTING Spring, summer, or fall—it's always a good time to plant these tough succulents. Start with nursery-grown transplants. Water only until roots establish. In containers, allow soil to dry between waterings.

HARDINESS Most species are hardy in Zones 4–9. Several, such as Autumn Charm and Pool Party, are hardy to Zone 3.

CONDITIONS Sedums are happiest in full sun and well-drained soil. They'll adapt easily to dry conditions in rock gardens, earning their common name, stonecrop.

SUMMER Older varieties get leggy and split if stems aren't pinched back by half in early summer to promote branching. New hybrids are bushy and stout—they require no pruning.

FALL Sedums are spectacular in spring and summer, but in fall, they're exquisite. Butterflies attracted to their late-season blooms add to their beauty. (Bonus: Rabbits find them distasteful!) No need to cut plants back—flower heads fade gracefully and stay pretty through winter.

SPRING Clip off old flower stems. Plants resprout from base.



Touchdown Breeze sedum is a dark contrast to flashy Sun Devil gaillardia.

under 200 calories.

I don't like the way people are looking at us.



I better be getting paid overtime for this.



“Pairing sedums with other perennials is all about mixing textures. Sedums give **FLESHINESS AND GRAVITY** to a design.”

Dan Heims, owner of Terra Nova Nurseries



pretty partners

1. BILLOWY CONTRAST

Cloud Walker sedum appears to float among Glow Sticks pineapple lily, Purity cone flowers, and Shockwave phlox.

2. KINDRED KINDS

Drought-tolerant *Hakonechloa* Albo-Striata and coreopsis coexist happily with Touchdown Breeze sedum.

3. TEAMMATES

A bright green edging of coreopsis kicks off a powerful color play with purplish brown Touchdown Teak sedum.

4. IN THE PINK

The bright blooms of feathery Pink Sapphire coreopsis give a preview of the evolving late-summer hues in Class Act sedum. ■



sources

Bluestone Perennials,
bluestoneperennials.com

Terra Nova Nurseries, Inc.,
terravanurseries.com
for a retailer near you

White Flower Farm,
whiteflowerfarm.com

DROUGHT BEATERS

Get 20 water-wise gardening strategies.
BHG.com/Xeriscaping

Freshfiles

FRESH
PRODUCTS &
PROMOTIONS
TO LIVE A MORE
COLORFUL
LIFE.



Perfectly Crafted Taste

Feel refreshed with delicious drinks from Gaby Dalkin of WhatsGabyCooking.com

- 6 bottles Gold Peak® Sweet Tea, Gold Peak® Green Tea or Gold Peak® Unsweetened Tea
- 2 cups sugar
- 1 cup water
- 16 ounces frozen sliced mangoes
- 16 ounces frozen raspberries
- Fresh fruit and mint, for garnish

Cook the sugar and water in a saucepan over medium heat until the sugar dissolves, about 5 minutes. Cool completely.

For mango purée: Thaw a bag of frozen sliced mango, then purée in a blender with 1/2 cup of the sugar syrup. Strain through a fine-mesh strainer and transfer to a bottle or jar.

For raspberry purée: Thaw a 16-ounce bag of frozen raspberries, then purée in a blender with 1/2 cup of the sugar syrup. Strain and store in a bottle or jar.

Refrigerate until ready to use. When ready, mix your desired flavor of Gold Peak® tea with the fruit purées and serve over ice. Garnish with fresh fruit and mint.



Enjoy The Show In Missouri

From beautiful state parks, to wineries, live music and a vibrant culinary scene that will delight any palate, Missouri sets the stage for your next great weekend getaway. Learn more about everything to see and do in the Show-Me State at VisitMO.com.



An Easy Way to Get a Great New Look

Breathe new life into forgotten furniture with Valspar® chalky finish paint. A durable, decorative paint that's velvety to the touch and matte in sheen. With four unique finishes and 40 tintable paint colors, the possibilities are endless.

Visit valsparpaint.com/chalkyfinishpaint

valspar

**Better
Homes
and Gardens.**

Make Your Opinion Count!

At *Better Homes and Gardens*, we value our readers' opinions. Join the *Better Homes and Gardens Reader Panel* and share your thoughts by participating in our online surveys and polls.

- Share opinions and ideas in reader interest surveys
- Participate in opinion polls
- Win prizes and receive special offers

To join today, visit BHG.com/readerpanel.

DISCOVER A

NATURAL^{*} LITTER

WITH
**7-DAY
ODOR
CONTROL.**

*With wood fibers, minerals and some artificial ingredients



ARM & HAMMER™
CLUMP & SEAL™
Natural's.



- Seals and destroys odors
- 100% dust free



Visit ClumpandSeal.com

For more information on our events, promotions and offers, log on to BHGpromo.com

artful balance

A skillful melding of defined structure and lively, layered plantings yields a garden full of well-composed focal points.

BY CHRISTINA SALWITZ

PHOTOS JOSHUA McCULLOUGH

POP-UP DRAMA

Exotic Cape Restio grass appears to float in a sea of *Heuchera* Southern Comfort.

Linda Ernst's small city lot utilizes every inch for dramatic effects. Horizontal fence boards inspired this striking vertical composition.

"When I found out the dog food I was feeding Barney had poultry by-product meal, I switched him to BLUE."

When pet parents learn about some of the ingredients in their dog food, they switch to Blue Buffalo. **Every one of our BLUE dog food recipes features real meat** and contains only the highest quality ingredients. We don't use chicken (or poultry) by-product meals — because that's not something we want to feed a family member.

All BLUE natural dog foods:

- ✓ ALWAYS feature real meat
- ✓ ALWAYS include veggies and fruit
- ✓ ALWAYS include antioxidant-rich LifeSource® Bits
- ✓ DON'T have chicken (or poultry) by-product meals
- ✓ DON'T have artificial colors, flavors or preservatives
- ✓ DON'T have corn, wheat or soy

And your dog can enjoy all of this naturally healthy goodness for only pennies a day more.

Compare your dog's food to BLUE™ at
CompareBlueDog.com



Love them like family. Feed them like family.®

**GLASS ACT**

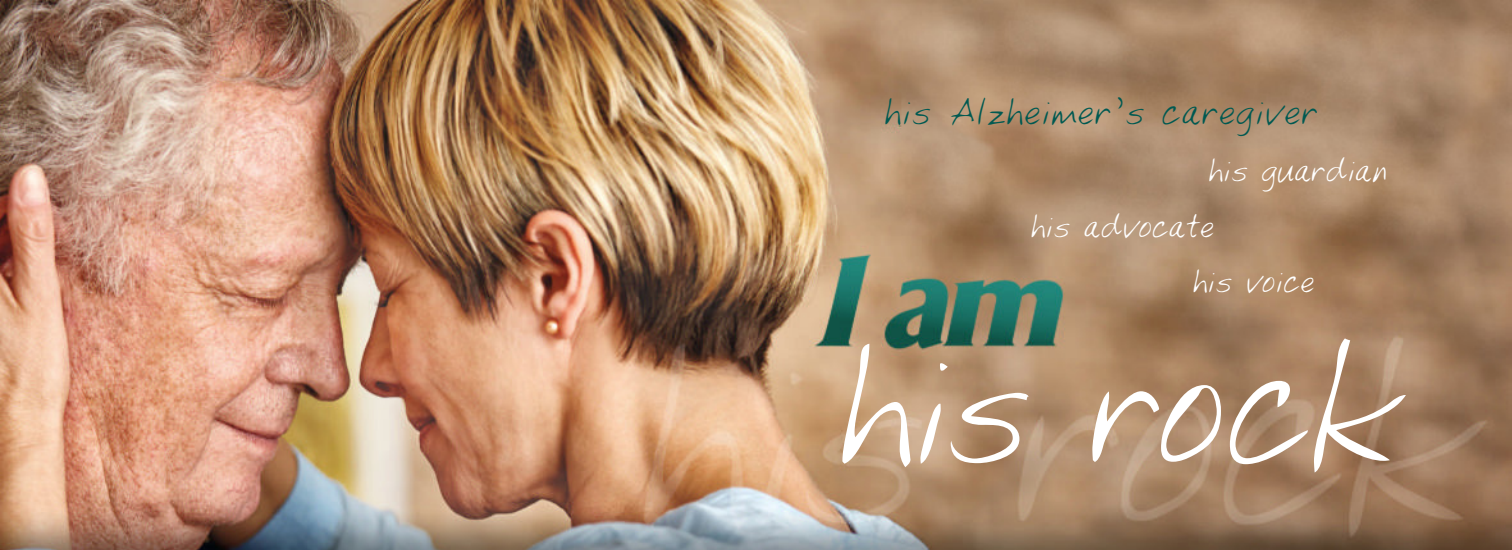
A soothing blue-green glass bowl crafted by local artisan Zoe Bacon rises out of the garden on a rusted metal column.

WITH THE EYE OF

an engineer turned glass artist, Linda Ernst observes her small Portland, Oregon, yard with a keen sense for both exuberance and restraint. Add to that her natural skill at combining organic shapes, textures, and colors, and you have the makings of stunning vignettes featuring structure, foliage, and flowers.

Linda uses hardscaping—concrete pavers, gravel, and, in select areas, modern steel edging—to subtly guide the eye through the garden from one focal point to another. In addition to manmade art pieces, Linda places large-leaf species such as *Heuchera*, *Rheum*, *Ligularia*, and hosta throughout the garden as sculptures in their own right. “They’re critical to my design style,” she says. “I am happy to give up space to them to keep my garden from looking fussy.” Leaf by leaf, this gardener has created an outdoor gallery for artwork in its myriad forms.

Low plants, such as variegated yucca, *Angelina sedum*, and *Thuja plicata* Whipcord, above, anchor the elegant birdbath without demanding attention.



his Alzheimer's caregiver

his guardian

his advocate

his voice

I am
his rock

Adding once-daily NAMENDA XR to current treatment may improve your loved one's symptoms of moderate to severe Alzheimer's disease.

NAMENDA XR works differently than other Alzheimer's medications.



Current
treatment*



NAMENDA XR

By adding **NAMENDA XR**, you may see:

- An improvement in overall function
- An improvement in cognition
- A slowdown in the worsening of symptoms for a while

NAMENDA XR® (memantine hydrochloride) extended-release capsules are approved for the treatment of moderate to severe Alzheimer's disease. NAMENDA XR is available by prescription only.

There is no evidence that NAMENDA XR or an AChEI prevents or slows the underlying disease process in patients with Alzheimer's disease.

*Alzheimer's treatments include ARICEPT®, EXELON®, or RAZADYNE®. Trademarks referred to herein are property of their respective owners.

IS YOUR LOVED ONE TAKING
TWICE-A-DAY NAMENDA®
(MEMANTINE HCL)?
ASK THE DOCTOR ABOUT
NAMENDA XR FOR CONVENIENT,
ONCE-DAILY DOSING.

ASK ABOUT ONCE-DAILY NAMENDA XR. VISIT
NAMENDAXR.COM OR CALL **1-855-511-1450**.

IMPORTANT RISK INFORMATION

Who should NOT take NAMENDA XR?

NAMENDA XR should not be taken by anyone who is allergic (hypersensitive) to memantine, the active substance in NAMENDA XR, or who has had a bad reaction to NAMENDA XR or any of its ingredients.

What should be discussed with the healthcare provider before taking NAMENDA XR?

Before starting NAMENDA XR, talk to the healthcare provider about all of the patient's past and present medical conditions, including:

- Seizure disorders
- Difficulty passing urine
- Liver, kidney, or bladder problems

If the patient is taking other medications (including those without a prescription), ask the healthcare provider if NAMENDA XR is right for the patient.

- Certain medications, changes in diet, or medical conditions may affect the amount of NAMENDA XR in the body and possibly increase side effects.

What are the possible side effects of NAMENDA XR?

The most common side effects associated with NAMENDA XR treatment are headache, diarrhea, and dizziness. This is not a complete list of side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call **1-800-FDA-1088**.

Please see Brief Summary of full Prescribing Information, including Patient Information, for NAMENDA XR on reverse side.



NAMENDAXR.com | NAMENDA®, NAMENDA XR® and their designs are registered trademarks of Merz Pharma GmbH & Co. KGaA. Actavis™ and its design are trademarks of Actavis, Inc. or its affiliates. | © 2015 Actavis. All rights reserved. | NXR26812 | 02/15



**Brief Summary
of Important
Risk Information**

NAMENDA XR [Nuh-MEN-dah Eks-Are]

**(memantine hydrochloride)
Extended-Release Capsules**

This information does not take the place of talking to your healthcare provider about your medical condition or your treatment.



How should I take NAMENDA XR?

- Take NAMENDA XR exactly as your doctor tells you to take it.
- Take NAMENDA XR one time each day with or without food.
- NAMENDA XR capsules must be swallowed whole and never crushed, divided or chewed.
- NAMENDA XR capsules may be opened and sprinkled on applesauce before swallowing, but the entire contents of the capsule should be taken and the dose should not be divided.
- Do not use any capsules of NAMENDA XR that are damaged or show signs of tampering.
- If you forget to take one dose of NAMENDA XR, do not double-up on your next dose. Take only your next dose as scheduled.
- If you have forgotten to take NAMENDA XR for several days, do not take the next dose until you have talked to your healthcare professional.

What if I take more NAMENDA XR capsules than I should?

If you take too much NAMENDA XR, call your doctor or poison control center at 1-800-222-1222 right away, or go to the nearest hospital emergency room.

What other information should I be aware of?

- The use of NAMENDA XR in children is not recommended.
- You should not breast-feed during treatment with NAMENDA XR.
- Tell your healthcare provider if you are pregnant or planning to become pregnant.

This section summarizes the most important information about NAMENDA XR. Talk to your healthcare provider for more information.

To learn more, go to www.NAMENDAXR.com or call 1 800-678-1605.

Please also see full Prescribing Information at www.namendaxr.com.

Manufactured by: Forest Laboratories Ireland Ltd

Manufactured for: Forest Pharmaceuticals, Inc.
Subsidiary of Forest Laboratories, LLC
St. Louis, MO 63045

Licensed from Merz Pharmaceuticals GmbH

Based on PI NXR21971-BS-A-18122-0914

NXR23614 12/14

What is NAMENDA XR?

NAMENDA XR is a prescription medication used for the treatment of patients with moderate to severe Alzheimer's disease.

Who should NOT take NAMENDA XR?

NAMENDA XR should not be taken by anyone who is allergic (hypersensitive) to memantine, the active substance in NAMENDA XR, or who has had a bad reaction to NAMENDA XR or any of its ingredients.

What should I discuss with the healthcare provider before taking NAMENDA XR?

Before starting NAMENDA XR, talk to the healthcare provider about all of your past and present medical conditions, including:

- Seizure disorders
- Difficulty passing urine
- Liver, kidney, or bladder problems

If you are taking other medications (including those without a prescription), ask the healthcare provider if NAMENDA XR is right for you.

- Use caution when taking Namenda XR with other medications. Certain medications, changes in diet, or medical conditions may affect the amount of NAMENDA XR in the body and possibly increase side effects.

What are the possible side effects of NAMENDA XR?

The most common side effects in patients taking NAMENDA XR were headache, diarrhea and dizziness. This is not a complete list of side effects.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

**NO SPACE?
NO PROBLEM!**

A small yard needn't
limit your lifestyle.
See 16 ways to
maximize space.
[BHG.com/
SmallGarden](http://BHG.com/SmallGarden)



Bold color choices in both furniture and flowers energize the patio, *above*, while maintaining the scene's relaxing vibe.

Bowles Golden sedge sparkles in summer when paired dramatically with Heartthrob viola, hardy *Impatiens omeiana*, and a chartreuse hosta.



how to create garden moments

EMPHASIZE PLANTS Layering allows the eye to pause on individual plants. A ruffled edging of Green Spice heuchera, above, steps up to *Primula vialii*, *Sedona coleus*, fiery red dahlia, and delicate *Hakonechloa*.

HEIGHTEN DRAMA Use pedestals to lift art pieces above plantings to the best viewing level. Linda also uses low-voltage lighting to accent sculptures and containers for evening enjoyment.

BE INTENTIONAL Unify container choices throughout the garden. Groupings of one container color, for example, allow the contents to shine. The same is true for plants—mass flowers of one species, such as black-eyed Susans, above right.

USE PUNCTUATION Plants can be architectural, too. Giant silver mullein, right, forms an exclamation point among salvia and bearded iris. ■

Named “Best Bed for Couples” by a Leading Consumer Magazine



It's the sleep experience that will change your life.

Whether you prefer supreme softness or conforming comfort layers, the SLEEP NUMBER® bed is uniquely designed for a better night's sleep. At the simple touch of a button, DualAir™ technology allows you to find ideal comfort and support with exceptional pressure relief on each side—your SLEEP NUMBER® setting.

Know better sleep with SleepIQ® technology.

With optional SleepIQ® technology, the Sleep Number bed provides a simple and intuitive way to know more about your sleep. Using sensors inside the bed, SleepIQ® technology tracks your sleep and

provides you with information that empowers you to achieve your best possible sleep, night after night. There's nothing to wear, nothing to turn on. All you have to do is sleep. **Our Queen c2 mattress with SleepIQ® technology is only \$1,099.98.**

Snoring? Now there's even an adjustment for that.

Read, watch TV, surf the web and adjust your bed's firmness when you add a FlexFit™ adjustable base to your SLEEP NUMBER® mattress. There's even a snore feature that may temporarily relieve mild snoring in otherwise healthy adults.*

sleep  number.
know better sleep®

Call or Click for Your Catalog and \$50 Savings Card†
1.800.831.1211 (ext. 77581) • sleepnumber.com/50



FlexTop® King i8 mattress shown on a FlexFit™ 3 adjustable base. Adjustable base and upholstered furniture sold separately. Prices subject to change without notice. Pictures may represent features and options available at additional cost. Not all bed models are displayed in all stores. Beds and bases not available for in-store pickup. Additional, non-refundable shipping and delivery fees apply unless otherwise stated. Shipping and delivery fees do not include return shipping. *May temporarily relieve common mild snoring in otherwise healthy adults. Partner Snore™ technology is available with Split King and FlexTop® King mattresses on FlexFit™ 2 and 3 adjustable bases. †Restrictions apply. See card for details and expiration date. SLEEP NUMBER, SELECT COMFORT, SLEEP IQ and the Double Arrow Design are registered trademarks of Select Comfort Corporation. © 2015 Select Comfort Corporation

Saving People Money Since 1936

**... that's before there
were shopping carts.**

GEICO has been serving up great car insurance and fantastic customer service for more than 75 years. Get a quote and see how much you could save today.

geico.com | 1-800-947-AUTO | local office

GEICO®



life in
COLOR
/ AUGUST /



TIDY PICK THE RIGHT COLORS
VISUAL ORDERLY
TRICKS SUSTAINABLE MULTIPURPOSE
NOOK *small is cool*
EVERY AIRY
SMART STORAGE 5 INCH

Board-and-batten siding and a wraparound porch give Jennifer Mathis and Mike Cline's modern home a cottage vibe. Jennifer designed the space-savvy house—right down to the open wire fence—in conjunction with The Verdi Group, a design-build firm.





JUST the right SIZE

SMALL SPACE 1,730 sq. ft.

Home to four humans
(one even works from
home!) along with two
dogs and a cat.

A dream home
doesn't have to be an
enormous home when
it's designed so no
space goes to waste.

BY JODY GARLOCK | PHOTOS BRIE WILLIAMS
PRODUCED BY SANDRA L. MOHLMANN



“A no-wasted-space home meant giving a lot of consideration to how we live,” Jennifer says. A small-scale sectional maximizes seating in the living room, left. Roll up the map, and—surprise!—there’s the TV. A wall of built-in shelves extends storage for books Jennifer loves to share. Jennifer’s office, below, snugs into the living room. Concrete floors make life with pets—and family members with asthma—easier. In the kitchen, opposite, shallow shelves and a barn-style door (made from cypress left over from the living room ceiling) create a space-efficient pantry.

Waste is a four-letter word for Jennifer Mathis. She cringes at individual-size yogurt cups, preferring one large container that her two teen girls can spoon out. Peek in her pantry, and you’ll see shelves lined with reusable glass jars stocked with bulk items from a small local grocer. “I think our family really believes it’s important to be aware of what we use,” Jennifer says. “If you don’t need something, let it go.”

For Jennifer and her husband, Mike Cline, letting go also applies to square footage. The couple built their dream house—a downsized three-bedroom in a sustainable development near Charleston, South Carolina—and have been savoring its handle-everything stealth ever since. “Every space is functional and gets used,” Jennifer says. The open layout provides small escapes, such as a built-in desk on one side of the living room and the screen porch where homework is often done. “We like being around each other, so the flow keeps everyone close even if they’re doing their own thing,” Jennifer says. High ceilings make rooms seem larger, while exposed ductwork that gives the home a modern edge kept building costs down. “You can put a lot of personality into simple spaces,” says Jennifer, who has always had a knack for design.

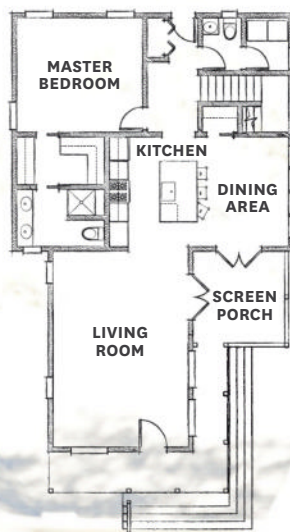
Having right-sized the house, the family now enjoys the trickle-down. There’s more time for riding bikes, for growing (and picking) greens from the garden beds to make salads for dinner, and for Mike to play his guitar on the patio. “We’re happy with less,” Jennifer says.



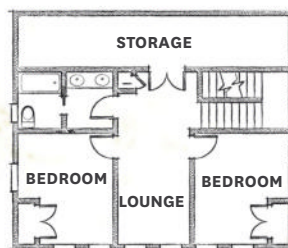




MAIN LEVEL



UPPER LEVEL



Wide doorways give the main level an open feel even though rooms are contained. Jennifer calls the kitchen island, *opposite*, “an everything space.” The quartz countertop and recycled tile backsplash liven up the home’s palette. “Color energizes me,” Jennifer says. With entrances from the living room and dining area, the curtain-framed screen porch, *this photo*, is always part of the action.







FIND MORE STORAGE

Think you've run out of storage? Think again. See the spots you might be overlooking. [BHG.com/StorageSpots](https://www.bhg.com/storage-spots)



“I WANTED TO MAKE EVERY INCH OF SPACE LIVABLE. MY GOAL WAS TO LIVE OPTIMALLY, AND WE ACHIEVED THAT. IT’S A GOOD, HAPPY HOME.”

Jennifer Mathis



The master bedroom, *opposite*, is on the main level for easy access when the couple is older. The stenciled wall is Jennifer’s low-budget, high-style alternative to wallpaper. Upstairs, the girls’ 10×12-foot bedrooms maximize space with lofted beds (doable thanks to high ceilings) and built-in desks. Maya can chill on the sofa in her sitting area, *above left*. A chalkboard wall is an erasable canvas for artistic Elsa, *left*. Jennifer and Mike enjoy quiet moments on the gravel patio, *above*. “Gravel definitely makes it low-key,” Jennifer says. “It’s permeable, cost-effective, and casual.” ■



menu

TO SIP
must-attraction: better than

TO START
real, legit, don't mess up
garlic bread with meat, cheese, and

TO SAVOR
lets, bread, meat, cheese
cheese, and dinner, really
of the, better, better, with, perfect, better?

TO SHARE
Love it, we love you

A chalkboard menu sets a fun tone for Ruthie Lindsey's backyard bash. "The second the weather is warm enough, I eat outdoors as often as possible," says Ruthie (wearing hat).



Girls' Night OUTSIDE

When Nashville stylist Ruthie Lindsey invites friends for dinner, it's a potluck of creativity. Guests all bring their talents to the table in a hip Music City enclave.

BY AMY PALANJIAN | PHOTOS DAVID TSAY | STYLING RUTHIE LINDSEY | RECIPES AND FOOD STYLING EMILY B. HALL





Beet-Dyed Deviled Eggs

A touch of pink turns a summer classic into girly fare—a fun little surprise!



Grilled Feta-Brined Chicken

Salty feta and zesty citrus give this picnic staple a twist. Serve warm or at room temperature.



Grilled Romaine Salad with Piquillo Pepper Dressing

A quick stint on the grill sweetens romaine lettuce, making it a good match for bold pepper dressing.



JUST BEFORE SUNSET on a warm summer day, Ruthie Lindsey hosts a handful of girlfriends for cocktails and a family-style meal. She sets the scene with foraged flowers, rustic linens, and her grandmother's tableware. With the artsy East Nashville neighborhood buzzing with talent, there's no shortage of creativity. Guests pitch in with



Garbanzo Bean & Parsley Salad

This make-ahead dish is a refreshing summer side with pleasing crunch and bright flavors.

RECIPES BEGIN ON PAGE 121

hand-drawn menus, Southern-inspired food, handmade favors, and live music (this is Nashville, after all). Laid-back collaboration is how Ruthie likes to entertain, and outdoors is her favorite venue. “I’m happiest when I’m in nature,” the Louisiana-raised farm girl says of her preference for alfresco dining. About five years ago, Ruthie started decorating her

home as an outlet to deal with the trauma and chronic pain stemming from a car accident. Now, her design talent is both her therapy and her job, parties being her specialty and passion. “I love to give people the chance to connect with one another,” Ruthie says. “Anything I can do to foster community and connection makes me happy.”

COCKTAILS, ANYONE? They're served in retro-cool style in a 1960s Shasta camper that is both a well-stocked bar and a lounge where a few guests can steal away for a quiet chat. The camper is part of the backyard getaway of Ruthie's friend and neighbor, author J. Wes Yoder. He purchased the camper as a writing retreat but has since turned it into a guesthouse rental (airbnb.com/rooms/1830458) parked next to a garden shed converted into a bathhouse. "His backyard is one of the cutest I've seen," Ruthie says. "It's a wonderful party setting."





PITCHER PERFECT
Bourbon Strawberry Smash is a refreshing cool-off elixir.

"I love to highlight as many **LOCAL ARTISTS AND FRIENDS** of mine as possible. They are all so incredibly talented." **Ruthie Lindsey**



SHOW YOUR BFFs SOME LOVE
Ruthie tucks flowers and recipes into gift bags featuring guest Emily Howard's friendship rings (considertheworldflwrs.com).



LET FRIENDS TAKE CENTER STAGE
Liza Anne (lizaannemusic.com), a rising star on the Nashville music scene, shares a song before dessert.



PERSONALIZE THE PLACE SETTINGS
Guest Jessie Pickren (hewandco.com) adds her hand-drawn place card menus, providing a thoughtful touch.

FREE MENU TEMPLATE

Print this lovely place card menu for your own girls' night.
BHG.com/MenuTemplate



Dessert is Lemon Meringue Tarts to share, made by Rebekah Turshen, Ruthie's friend and dessert maven at Nashville's popular City House restaurant. ■

“IT’S MORE THAN A PRETTY PARTY.
I want to create an environment where everyone feels welcome.” **Ruthie Lindsey**





SHAKE UP THE
SNACKUS QUO.™

Sure we made that word up.
But here are a few words we didn't.
**100% whole grain,
whole lot of delicious.**



UNIQUE IN EVERY WAVE™



Pick dramatic lighting in transparent designs to keep the room airy. This was a \$99 find at IKEA.

SIMPLE SLIPCOVER

Kelly wanted to refresh this chenille sofa without spending lots of money to reupholster it. She chose a swatch of wool plaid fabric and wrapped the two worn-out seat cushions to create a bench seat—and a completely new look.

HIDE IT

A floor-length fabric skirt creates out-of-sight storage for office supplies.

SMALL SPACE
564 sq. ft.

A designer's
mega-organized home
and office.



The ILLUSIONIST

Designer Kelly Keiser stretched every inch—and every dollar—to transform her tiny San Francisco apartment. Here's how she outfitted the space to maximize style and storage.

BY PAIGE PORTER FISCHER | PHOTOS JOHN MERKL | STYLING JOE MAER



GO DARK
Try a deep neutral with a little weight like Down Pipe by Farrow & Ball.

BEHIND CLOSED DOORS

Kelly's workhorse Martha Stewart cabinet (homedecorators.com) holds paper supplies for the stationery line she's creating.



STAY ORDERLY

In a small space, Kelly recommends a neat gallery wall, *above*, in a mix of white and wood frames. She swears by IKEA's Ribba frames. "They come with white mats and look so much more expensive than their \$13 price tag," says Kelly, who fills hers mostly with favorite fashion images from magazines.

ADD DETAILS

Kelly needed lots of function from her furniture, but she wanted it to have style, too. "If I buy what I call 'cheap and cheerful furniture' to perform a job, the first thing I do is change hardware to make it look more expensive," she says. She outfitted this white cabinet, *above*, with Home Depot pulls that she painted gold.

LAYER LIGHT

Kelly has nine lamps in a small space. "It may seem like a lot, but lamps are colorful and sculptural, adding style, and also layer the light," she says. "The fastest way to change the look of a small room is to turn on different lamps to create a different ambience."



THINK SOFT
Layer curtains over blinds: These DIY panels were made from \$5-a-yard duck cloth.

DO TWOS

Buy lamps in pairs when outfitting a small space. They add visual order and calm.



TRY AN UP-DO

Kelly gave this inexpensive white IKEA dresser an instant facelift by gluing overlays (myoverlays.com) on the drawers. She also added brass corner brackets she found on Etsy. "It was a quick, easy makeover that upgraded the look," she says.

HIDE & CHIC

Tape grass cloth wallpaper inside glass cabinet doors to put not-so-pretty things out of sight.



FAKE IT

Another great hardware and decorative overlay upgrade!



NEUTRAL, SIMPLE FLOOR

"I have a rule about rugs in small spaces, and that is to keep them neutral," Kelly says. She likes adding texture like this jute.

PRIORITIZE SPACE

Because she sacrificed her only closet to gain a bedroom, Kelly needed a place to keep her hanging clothes and shoes. She gave up a few square feet in her breakfast nook for a pair of IKEA wardrobes, *above*, an inexpensive alternative to a custom closet.

THINK DRAWERS

Kelly opted for wardrobes with drawers, *above right*, because she relies on them for easy access in a small space. "I organize my life by drawers," she says. "If you keep all 'like' things in one drawer, you never lose anything."

PAIRED PAIRS

Kelly loves fashion, but she limits her shoe collection to what can fit on these sliding racks, *above, far right*, which keep shoes together and tidy. "I have to edit my life to only the things I truly love," she says. "If you go through a season without wearing something in your wardrobe, get rid of it."

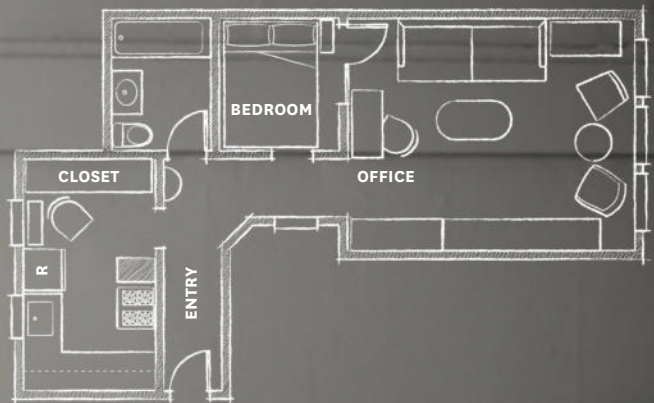
PICK MULTITASKERS

Kelly found a narrow drop-leaf table, *right*, that can open wide for sit-down meals or buffets, move into her living room as an extra (larger) work surface, or tuck into the corner of her breakfast nook to serve as a bar. ■

CORRAL IT

How do you display smaller items and keep them organized? Try a Lucite tray. This one holds a mini bar.







lunch BLOX™



BETTER
LUNCH
IN A
SNAP

food

**CLASSIC
CRAB CAKES**
Recipe on page 108

have your cakes...

Crab, that is. No travel necessary. Charleston natives Matt and Ted Lee share their secrets to making delicious, rich crab cakes at home.

BY MAGGIE GLISAN | PHOTOS BLAINE MOATS
FOOD STYLING GREG LUNA | PROP STYLING SUE MITCHELL

“A crab cake should celebrate the sweet, succulent flavor of the meat. Less filler and simple ingredients allow it to shine.” **Matt Lee**



CHOOSE THE CRAB Matt and Ted recommend a mix of lump and/or backfin and claw meat. “It’s what the savviest Low Country cooks do to approximate the yield from an actual crab,” Ted says.



MAKE THE MIX “The ingredients elevate crab’s natural flavor without overpowering,” Matt says. “Parsley and green onion keep the cakes light and bright in both texture and taste.”



PAT INTO PATTIES “The cakes are delicate since there are minimal binders,” Ted says. “A round cutter makes forming the cakes a breeze, and a 30-minute chill helps them keep their shape.”



COAT THE CAKES “Panko creates a wonderful contrast of textures—moist on the inside and a little crisp on the outside,” Matt says. “A light coat is all you need to create delicious browning.”



COOK TO GOLDEN “Don’t crowd the skillet,” Matt says. “You want ample room to flip. And if you crowd the pan, you’ll bring down the temperature of your skillet and the cakes won’t brown as well.”



FINISH IN THE OVEN “Since the cakes cook in batches, we warm them all in the oven at the end with a pat of butter,” Ted says. “Butter adds just a little extra decadence and goes so well with crab.”

Classic Crab Cakes

A little squeeze of lemon before serving brightens the cakes and brings out even more flavor. Matt and Ted also recommend serving with tartar or hollandaise sauce.

HANDS-ON TIME 50 min.

TOTAL TIME 1 hr., 25 min.

- 1½ lb. cooked crabmeat
- 6 Tbsp. mayonnaise
- 1 Tbsp. Dijon-style mustard
- 1 cup panko bread crumbs
- ½ cup finely chopped Italian parsley
- 2 green onions, finely chopped
- 2 cloves garlic, minced
- 2 eggs, lightly beaten
- 1 to 2 Tbsp. peanut or canola oil
- ¼ cup unsalted butter

1. Place crabmeat in a large mixing bowl, pinching through the pile with your fingers to find any bits of shell and break up large pieces. Add mayonnaise, mustard, ¼ cup of the bread crumbs, parsley, green onions, garlic, 1 tsp. *kosher salt*, and 1 tsp. *freshly ground black pepper*; fold to combine. Add eggs; fold to combine.
2. To form cakes, on a tray pat about ¼ cup mixture into a 2½-inch round cutter. Lift cutter off. Repeat to form 16 cakes. Cover with plastic wrap, pressing lightly. Chill at least 30 minutes.
3. Preheat oven to 350°F. Place remaining bread crumbs in a shallow dish.
4. In a 12-inch skillet heat oil over medium-high heat. Lightly coat both sides of 4 cakes in bread crumbs; add to skillet. Press lightly with a spatula; cook 1 to 2 minutes per side or until golden brown. Transfer to a shallow baking pan. Repeat with remaining cakes, adding more oil, if necessary. Top each cake with a slice of butter; bake 5 minutes. Sprinkle with *paprika*. Serve with *lemon wedges*. Makes 16 crab cakes.

EACH CRAB CAKE 128 cal, 9 g fat, 74 mg chol, 314 mg sodium, 3 g carb, 9 g pro.



NEW

HIGH PROTEIN TO RECHARGE YOUR BODY

16g

Protein

23

Vitamins
& Minerals

160

Calories



**RECHARGE WITH
HIGH PROTEIN**

New Ensure Active™ High Protein

Nutritious energy and strength go hand in hand.
So we put them both in a bottle.

Use as part of a healthy diet and exercise plan.
*Among doctors who recommend liquid nutritional products.

©2015 Abbott Laboratories
93117/May 2015 LITHO IN USA

Ensure
TAKE
LIFE IN.™



indulgent fudge
+ enticing icing
+ brand-spanking NEW
= **SPECIAL K**

Introducing the **NEW Special K**
collection of Brownies. 80 calories
of deep, dark yumminess.



BE FLAVORFUL



BEFORE YOU SHOP, know what kind of crabmeat you're purchasing.



CLAW

The darker meat adds extra sweetness and flavor—plus, it's less expensive than lump.

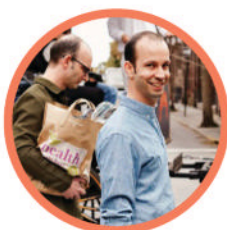
LUMP

Whole lumps of white meat from the body of the crab are tender and rich in taste.

GROWING UP IN CHARLESTON,

South Carolina, Matt and Ted Lee were never far from fresh crab. “We lived on blue crabs—those iconic American crabs of the East Coast,” Matt says. “As kids we were often just a few blocks from luring a fresh crab or two, and we ate them every which way.”

But even if you aren't close enough to net fresh crab for yourself, you're in luck. “You can get good crab nationwide,” Matt says. “Look for refrigerated tubs or cans of pasteurized crabmeat, available at most grocery stores year-round. In a pinch, you can use shelf-stable canned crab and mix it with pasteurized, but we don't recommend using it 100 percent in this crab-forward version of crab cakes. It tends to be drier and have a tinny flavor.” ■



MORE FROM THE LEE BROS.

Watch Matt and Ted explore the rich food and culture in cities throughout the South on their new TV series, *Southern Uncovered with the Lee Bros.* (Sundays on Ovation). They also have three cookbooks, including their most recent, *The Lee Bros. Charleston Kitchen*. Learn more: mattleeandtedlee.com



And when you're craving something savory, dig into the now crunchier, crispier **Special K** Cracker Chips.





GNOCCHI CANTALOUPE FETA SALAD

Prepare **one 17.6-oz. package shelf-stable gnocchi** according to directions. Drain. In a skillet cook **12 oz. sliced andouille sausage** over medium heat until browned; transfer to bowl with gnocchi. Add **4 cups chopped cantaloupe**. In a blender combine **4 oz. crumbled feta cheese**, **¼ cup water**, and **2 Tbsp. olive oil**; blend until smooth. Season with **salt and pepper**. Pour over gnocchi; toss. Chill 30 minutes. Top with basil. Makes 4 servings.



PICKLED CANTALOUPE SALAD

In a large bowl combine **½ cantaloupe, peeled, seeded, and thinly sliced**; **1 serrano chile pepper, stemmed and sliced**; **½ cup chopped tomato**; and **½ cup toasted walnuts**. In a small saucepan heat **½ cup cider vinegar**, **3 Tbsp. sugar**, and **½ tsp. salt**. Cook and stir until sugar is dissolved. Bring to a simmer. Pour over cantaloupe mixture; let stand 20 minutes, stirring occasionally. Serve over **2 cups cooked farro with burrata cheese**. Makes 4 servings.

new ways with



cantaloupe

SMOKY SWEET & SOUR CANTALOUPE

In a large nonstick skillet cook **5 strips thick-cut smoked bacon** until crisp. Transfer bacon to paper towels to drain; reserve 1 Tbsp. drippings in skillet. Crumble bacon. Cook **1 sliced medium red onion** in reserved drippings over medium heat until tender. Add **½ cup Asian sweet chili sauce**, **2 Tbsp. rice vinegar**, **4 cups cubed cantaloupe**, and crumbled bacon; heat through. Serve over **hot cooked rice**. Top with **coarsely chopped cashews**. Makes 4 servings.

CANTALOUPE, PROSCIUTTO & ARUGULA CLUB

Arrange **4 oz. prosciutto** in a single layer on parchment. Bake in 350°F oven 10 minutes or until crisp. In a small bowl stir together **½ cup mayonnaise** with **¼ cup mild harissa sauce**. To assemble sandwiches, spread **12 slices of toasted, thin sandwich bread** with mayonnaise-harissa mixture. Top 4 slices with **thinly sliced cantaloupe, prosciutto, and baby arugula**. Repeat layers. Secure with picks. Makes 4 sandwiches. ■





MADE WITH

6%	Patent leather rain boots
94%	What paws are for



MADE WITH

100%	Turkey Breast
------	---------------



Sometimes life can get complicated.
Your sandwich doesn't have to be.

[#sanewich](#)

It's Deli Quality Every Time. It's Oscar Mayer.

WEEKNIGHT

delicious

Healthy, fast, and fresh solutions for dinner tonight.



STEAK WITH SPICY BALSAMIC GLAZE



Easy enough for a weeknight and impressive enough for company—the secret's in the flavor-packed glaze. Add a simple salad of peaches and spinach.

♥ Pin it! BHG.com/BalsamicSteak

WHAT YOU NEED

- 1 lb. boneless top sirloin steak, about 1 inch thick, trimmed of fat
- ½ cup water
- ½ cup apple cider
- ¼ cup Worcestershire sauce
- ¼ cup balsamic vinegar
- ½ tsp. crushed red pepper
- ¼ cup honey

1. Place steak in a resealable plastic bag. Add water, apple cider, Worcestershire sauce, vinegar, and crushed red pepper. Seal bag. Marinate 20 minutes, turning occasionally.

2. Heat a large skillet coated with *nonstick cooking spray* over medium-high heat. Remove steak from bag, reserving marinade. Season with *salt* and *black pepper*. Cook 12 minutes, turning once, or until desired doneness. Remove; keep warm.

3. For glaze, add marinade and honey to skillet; whisk to combine. Bring to boiling. Boil gently, uncovered, about 7 minutes or until reduced to ½ cup. Serve glaze with sliced steak. Makes 4 servings.

EACH SERVING 286 cal, 5 g fat, 68 mg chol, 384 mg sodium, 34 g carb, 1 g fiber, 26 g pro.

A PROUD PARTNER OF



I get Box Tops to help my kid's school. Plus, it gets me in with the PTA crowd. Just sayin'.

A mom's gotta do what a mom's gotta do.

*Luckily, Box Tops come on a lot of Mott's products, including delicious **LUNCHBOX-SIZED MOTT'S® JUICES AND SNACKS**. Which makes me pretty popular with my daughter, too.*

Go on, give your kids the honest goodness of Mott's.



Good & Honest

Box Tops for Education and associated words and designs are trademarks of General Mills, used under license. © 2015 General Mills. MOTT'S is a registered trademark of Mott's LLP. ©2015 Mott's LLP



BASIL HALIBUT WITH JALAPEÑO BUTTER

Cooking jalapeños in butter leaves them tender and mellow. Try this technique with other chile peppers like Anaheim or serrano for a similar effect.

♥Pin it! BHG.com/BasilFish



ZUCCHINI RIBBONS, PASTA & ARUGULA

Pump up the veggies in your pasta by cutting them into long, easy-to-twirl strands. Soften them by placing in the colander before draining the pasta.

♥Pin it! BHG.com/ZucchiniPasta

ZUCCHINI RIBBONS
No special tools required. Use your vegetable peeler to create long strips.

WHAT YOU NEED

- 4 6-oz. firm whitefish fillets, such as cod, halibut, or flounder, rinsed and patted dry
- 1 Tbsp. canola oil
- 6 Tbsp. butter
- 2 fresh jalapeño peppers, stemmed, seeded, and cut into thin strips
- ¼ cup snipped fresh basil
- 1 lime, cut into quarters

1. Brush fish with oil. Sprinkle lightly with *salt* and *pepper*. For a gas or charcoal grill, grill fillets on the greased rack of a covered grill directly over medium heat 4 to 6 minutes per ½-inch thickness or until fish flakes easily when tested with a fork, turning once.

2. Meanwhile, for jalapeño butter, in a large skillet heat butter over medium heat. Add jalapeño; cook and stir 5 minutes or until tender and just beginning to brown.

3. To serve, top fish with basil and jalapeño butter. Pass lime wedges. Makes 4 servings.

EACH SERVING 419 cal, 31 g fat, 148 mg chol, 370 mg sodium, 2 g carb, 1 g fiber, 33 g pro.

WHAT YOU NEED

- 6 oz. dried fettuccine pasta
- 2 medium zucchini, cut into thin ribbons with a vegetable peeler
- 3 cups arugula
- ¼ cup sliced pepperoncini peppers (about 4 peppers)
- 2 Tbsp. extra-virgin olive oil
- 1 to 2 cloves garlic, minced
- 1 tsp. lemon peel
- 1 Tbsp. lemon juice
- 1½ tsp. chopped fresh oregano

Cook pasta according to package directions. Place zucchini in a colander; drain pasta over zucchini. Immediately run cold water over to cool. Drain well; transfer to a bowl. Add remaining ingredients. Toss to combine. Season to taste with *salt* and *pepper*. Top each serving with *coarsely chopped almonds*. Makes 4 servings.

EACH SERVING 282 cal, 11 g fat, 381 mg sodium, 37 g carb, 4 g fiber, 8 g pro.

There's
gold in your
backyard.
Liquid Gold.



VELVEETA® Queso Burgers

How do cheeseburgers technically become Queso Burgers? By being topped with a melty mixture of VELVEETA and RO*TEL® Diced Tomatoes & Green Chilies.

Prep Time: 20 min. | Makes: 6 servings

What you need:

- 1.5 lbs. ground sirloin
- 1 lb. (16 oz.) VELVEETA, cut into 1/2-inch cubes
- 1 can (10 oz.) RO*TEL® Diced Tomatoes & Green Chilies, undrained
- 6 hamburger buns
- 6 pieces leaf lettuce
- 1 large tomato, cut into 6 slices

Make it:

Heat grill to medium heat. Shape meat into 6 (1/2-inch thick) patties. Grill 4 to 5 min. on each side or until done (160°F). Meanwhile, microwave VELVEETA and RO*TEL in microwaveable bowl on HIGH 5 min. or until VELVEETA is completely melted, stirring after 3 min. Place burgers on bottom halves of buns; top each with 2 Tbsp. VELVEETA sauce. Cover with lettuce, tomatoes and tops of buns.

For more Liquid Gold recipes visit VELVEETA.com



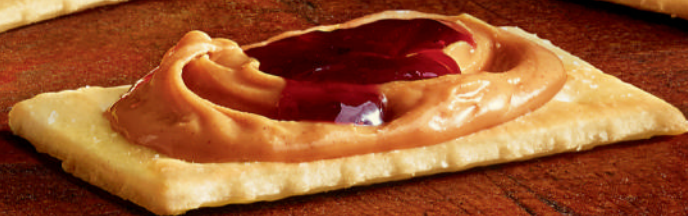
WELCOME TO THE **CLUB** SNACK BAR

TODAY'S SPECIALS

THE VEGGIE
CLUB



THE PB&J
CLUB



THE HAM & CHEESE
CLUB



Turn your kitchen into the family snack bar
with light, flaky, buttery **Club® Snack Crackers**.
For satisfied customers, every time.



TARRAGON BLUE CHEESE TURKEY PATTIES

No dry hockey pucks here. Opt for ground turkey with a bit more fat (we like 80/20), and you'll find yourself with juicy, flavorful burgers.

♥ Pin it!

BHG.com/TurkeyPatty



HONEY MUSTARD

When you make your own, it's easy to customize flavor. For extra creaminess, swirl in a dollop of mayo.

WHAT YOU NEED

- 2 Tbsp. Dijon mustard
- 1 tsp. honey
- 1 lb. ground turkey
- 2 oz. blue cheese, crumbled
- 1/4 cup finely chopped red onion
- 1 tsp. chopped fresh tarragon
- 1 to 2 tsp. bottled hot pepper sauce
- 4 sandwich buns, split and toasted
- Lettuce
- Thinly sliced red onion
- Fresh tarragon leaves

1. In a small bowl stir together the mustard and honey; set aside.
 2. In a large bowl combine turkey, half of the blue cheese, chopped red onion, chopped tarragon, and hot pepper sauce. Shape mixture into four patties.
 3. For a gas or charcoal grill, grill patties on the greased rack of a covered grill directly over medium heat 12 to 15 minutes or until 165°F, turning once. Serve on buns with remaining blue cheese, lettuce, onion slices, and tarragon leaves. Drizzle with honey-mustard mixture. Makes 4 servings.
- EACH SERVING 390 cal, 19 g fat, 99 mg chol, 944 mg sodium, 26 g carb, 4 g fiber, 25 g pro. ■

DIPPING
= JUST GOT =
DELICIOUS



NEW
CLUB
SNACK STICKS



©, TM, © 2015 Kellogg NA Co.

Consumer Cellular®



CONSUMER CELLULAR HAS
THE HIGHEST OVERALL
CUSTOMER SATISFACTION OF
ALL MOBILE CARRIERS.†

—Nielsen Mobile Insights, Q1 '15

PICTURED ABOVE:
MOTOROLA MOTO E LTE, HUAWEI ASCEND MATE 2, DORO PhoneEasy 626

PLANS START AT JUST \$10 A MONTH.

NO CONTRACTS

Consumer Cellular plans don't require contracts—you can upgrade, change, or cancel your plan at any time, for any reason. With Consumer Cellular you are in control.

GREAT VALUE

Get a low, flat rate with dependable nationwide coverage. You choose the talk, text and data plans that best fit your needs with the freedom to change them as often as you like.

100% RISK-FREE GUARANTEE

If you're not satisfied within the first 30 days, 300 minutes, 300 texts or 300MB of data, whichever comes first, cancel and pay nothing, no questions asked.

FREE ACTIVATION

Activation is free for any new phone or SIM card—a \$35 value. Consumer Cellular can even transfer your existing phone number for you at no extra cost.

A VARIETY OF PHONES

From simple phones featuring large, bright screens and big buttons, to top-of-the-line smartphones, we have options to fit any lifestyle. Or you can use any Consumer Cellular compatible phone, we'll even ship you a SIM card for free.

FAMILY PLANS

Conveniently share minutes, messages and data with family for only \$10 per month, per additional line.

AARP MEMBER BENEFITS

At Consumer Cellular, we are proud that our wireless service is endorsed by AARP. Members of AARP enjoy exclusive benefits including:

- ✓ 5% discount every month on service and usage charges
- ✓ 30% discount on accessories
- ✓ Plus a 50% longer risk-free period



Member Advantages

CALL CONSUMER CELLULAR AT
(888) 529-6474

OR VISIT US ONLINE AT
ConsumerCellular.com/6474

ALSO AVAILABLE AT



sears®

© 2015 Consumer Cellular, Inc. New service activation on approved credit. Cellular service is not available in all areas and is subject to system limitations. Terms and Conditions subject to change. †Based on interpretation of Nielsen's Mobile Insights survey data, which uses respondents' self-reported rating (1 to 10 scale) of overall satisfaction with their carrier from a national survey of approximately 90,000 U.S. mobile phone users during Q1 '15.

AARP member benefits are provided by third parties, not by AARP or its affiliates. Providers pay a royalty fee to AARP for the use of its intellectual property. These fees are used for the general purposes of AARP. Some provider offers are subject to change and may have restrictions. Please contact the provider directly for details.

Girls' Night OUTSIDE

Recipes from our story on page 92

Beet-Dyed Deviled Eggs

HANDS-ON TIME 35 min. TOTAL TIME 1 hr., 40 min.

- 1 large beet, peeled and cubed
- 2 cups water
- 1 cup white vinegar
- 12 hard-cooked eggs, peeled
- $\frac{1}{3}$ cup mayonnaise
- 2 Tbsp. sweet pickle relish
- 1 Tbsp. whole grain mustard

1. In a medium saucepan combine beet, water, and vinegar; bring to boiling. Reduce heat. Simmer, covered, 15 minutes. Remove from heat. Cool completely. Do not drain.
2. Place eggs in saucepan with beet liquid. Let stand 10 to 15 minutes. Remove eggs and discard beets and liquid. Slice eggs in half, remove yolks; set whites aside.
3. In a bowl mash yolks with mayonnaise, relish, and mustard. Pipe or scoop back into egg white halves. Sprinkle with *coarse salt*. Makes 24 halves.

EACH SERVING 61 cal, 5 g fat, 95 mg chol, 69 mg sodium, 1 g carb, 3 g pro.

Grilled Romaine Salad with Piquillo Pepper Dressing

TOTAL TIME 20 min.

- 1 12-oz. jar piquillo peppers or roasted red sweet peppers, drained (about $1\frac{1}{2}$ cups)
- 1 cup sour cream
- 2 Tbsp. lemon juice
- 1 head romaine lettuce, cut into quarters
- 1 Tbsp. drained capers

1. Combine peppers, sour cream, and lemon juice in a blender. Cover; blend until smooth. Season to taste with *salt* and *pepper*. Chill until ready to serve.*

2. Place romaine on the rack of a covered grill directly over medium heat. Grill 1 to 3 minutes or until charred and slightly wilted, turning occasionally.

3. Drizzle dressing over grilled romaine; store remaining. Sprinkle with capers. Makes 4 servings.

***Make ahead** Store up to 1 week in the refrigerator.

EACH SERVING 53 cal, 3 g fat, 6 mg chol, 265 mg sodium, 6 g carb, 3 g fiber, 2 g pro.



Grilled Feta-Brined Chicken

HANDS-ON TIME 30 min. TOTAL TIME 9 hr.

- 4 cups water
- 4 oz. feta cheese, crumbled
- 2 Tbsp. dried oregano
- $2\frac{1}{2}$ tsp. kosher salt
- 2 tsp. cracked black pepper
- 2 to 3 lb. skinless boneless chicken thighs
- 1 large lemon, halved
- $\frac{1}{4}$ cup olive oil
- Crumbled feta cheese
- Assorted fresh herbs (optional)

1. In a blender combine water, the 4 oz. feta, oregano, salt, and cracked black pepper. Cover; blend until smooth. Place chicken in an extra-large resealable plastic bag or container. Pour feta mixture over chicken; seal or cover. Chill 8 hours or overnight.

2. Remove chicken from brine; transfer to a towel-lined tray. Discard brine. Pat chicken dry. Let stand at room temperature 30 minutes.

3. Grill chicken on the rack of a covered grill over medium heat 12 to 15 minutes or until done (170°F), turning once.

4. Transfer chicken to a platter. Squeeze lemon over. Drizzle with oil. Season to taste with *salt* and *pepper*. Top with additional feta and herbs, if desired. Makes 6 servings.

EACH SERVING 314 cal, 19 g fat, 158 mg chol, 558 mg sodium, 2 g carb, 0 g fiber, 32 g pro.

Garbanzo Bean & Parsley Salad

HANDS-ON TIME 30 min. TOTAL TIME 1 hr.

- 2 tsp. olive oil
- 2 16-oz. cans garbanzo beans (chickpeas), rinsed and drained
- 4 stalks celery, finely chopped (2 cups)
- ¼ sweet onion, finely chopped (¼ cup)
- 3 lemons, juiced (about ½ cup)
- 1 bunch Italian parsley, stems removed and leaves chopped (2 cups)
- ¼ cup olive oil
- 2 tsp. ground cumin

1. In a large cast-iron skillet heat the 2 tsp. oil over medium heat. Add beans; cook and stir until crisp, about 15 minutes. Cool.

2. In a medium bowl combine celery, onion, and lemon juice. Let stand 30 minutes.

3. Add cooled beans to celery mixture. Fold in parsley. Add the ¼ cup oil and cumin; toss to coat. Season to taste with salt and pepper. Cover; chill up to 24 hours. Stir before serving. Top with feta cheese, if desired. Makes 6 servings.

EACH SERVING 219 cal, 13 g fat, 0 mg chol, 583 mg sodium, 22 g carb, 6 g fiber, 6 g pro.

Bourbon Strawberry Smash

TOTAL TIME 30 min.

- 2 cups fresh strawberries, hulled and cut up
- ¼ cup Simple Syrup (below)
- Juice of 3 lemons (9 Tbsp.)
- ¼ cup fresh mint leaves
- 18 oz. bourbon (2¼ cups)
- 2 cups club soda, chilled
- Crushed ice

In a 2-qt. glass pitcher combine strawberries, syrup, lemon juice, and mint leaves. Using a muddler or a wooden spoon, mash together. Stir in bourbon and club soda. Add ice to fill pitcher. Garnish each drink with additional mint sprigs. Makes 6 servings.

Simple Syrup In a small saucepan heat and stir ½ cup sugar and ½ cup water until sugar dissolves. Remove from heat; cool. Cover. Chill up to 2 weeks. Makes ½ cup.

EACH SERVING 262 cal, 0 g fat, 0 mg chol, 20 mg sodium, 17 g carb, 1 g fiber, 1 g pro.

ADVERTISEMENT

Train at home to

Work at Home

Be a Medical Coding Specialist



TRAIN AT HOME!

Train at home in as little as 4 months to earn up to \$44,000 a year!*

Now you can train in the comfort of your own home to work in a medical office, or from home as your experience and skills increase. Make great money...up to \$44,000 a year with experience! It's no secret, healthcare providers need Medical Coding Specialists. **In fact, the U.S. Department of Labor projects a significant increase in demand for specialists doing coding for medical offices!



No previous medical experience required. Compare the money you can make!

Coders earn great money because they make a lot of money for the people they work for. Entering the correct codes on medical claims can mean the difference in thousands of dollars in profits for doctors, hospitals and clinics. Since each and every medical procedure must be coded, there's plenty of work available for well-trained Medical Coding Specialists.

- ✓ No classes to attend, no schedules to keep
- ✓ We give you everything you need to succeed
- ✓ Study anytime, anywhere
- ✓ Tuition discount for eligible military & spouses
- ✓ Military education benefits & MyCAA approved

Get FREE Facts. Contact Us Today!



U.S. Career Institute®
2001 Lowe St., Dept. BHGB2A85
Fort Collins, CO 80525

1-800-388-8765

Dept. BHGB2A85

www.uscieducation.com/BHG85

YES! Rush me my free Medical Coding information package.

Name _____ Age _____
Address _____ Apt _____
City _____ State _____ Zip _____
E-mail _____ Phone _____

Accredited • Affordable • Approved
Celebrating over 30 years of education excellence!

CD084

*with experience, based on figures from U.S. Dept. of Labor's BLS website



Pimiento Cheese

Ruthie Lindsey likes to welcome guests with this easy appetizer. The whisper of heat comes from banana peppers. Serve with crackers and pepper jelly.

HANDS-ON TIME 20 min.

TOTAL TIME 4 hr., 20 min.

- 16 oz. aged sharp white cheddar cheese, shredded
- 1 8-oz. jar diced pimiento, drained
- ½ cup mayonnaise
- 2 Tbsp. shredded or finely chopped sweet onion
- 2 mild or hot bottled banana peppers, drained and finely chopped (2 Tbsp.)
- Pinch cayenne pepper

In a large bowl stir together all ingredients. Transfer to a storage container. Cover; chill 4 hours or up to 3 days. Makes 3½ cups.

Note: For a smoother consistency, beat with an electric mixer.

EACH 2-TBSP. SERVING 157 cal, 8 g fat, 18 mg chol, 256 mg sodium, 14 g carb, 1 g fiber, 6 g pro.

Lemon Meringue Tarts

HANDS-ON TIME 1 hr. TOTAL TIME 2 hr.

Tart Shells

- 1½ cups all-purpose flour
- ⅓ cup granulated sugar
- 2 tsp. finely shredded lemon peel
- ½ cup cold butter
- 2 egg yolks, beaten
- 2 Tbsp. cold water

Lemon Cream Filling

- 1 egg yolk
- ½ cup sweetened condensed milk
- ¼ cup lemon juice
- ⅛ tsp. salt

Lemon Curd

- 3 egg yolks
- ½ cup granulated sugar
- 2 tsp. cornstarch
- 1 tsp. finely shredded lemon peel
- ⅓ cup lemon juice
- 3 Tbsp. water
- 2 Tbsp. butter

Meringue

- 4 egg whites
- 1 tsp. vanilla
- ½ tsp. cream of tartar
- ½ cup granulated sugar
- 1 Tbsp. powdered sugar

1. For Tart Shells, in a large bowl stir together flour, the ⅓ cup sugar, and the 2 tsp. shredded lemon peel. Using a pastry blender, cut in the ½ cup cold butter until mixture is crumbly. Add the 2 egg yolks and the 2 Tbsp. water to flour mixture; stir with a fork to combine. Gently knead dough just until a ball forms. Cover with plastic wrap. Chill 30 to 60 minutes or until easy to handle.
2. Preheat oven to 375°F. Divide chilled dough into 12 equal pieces. Press one piece onto bottom and halfway up sides of a 3-inch muffin cup; repeat with remaining pieces. Bake for 10 minutes or until golden. Cool in muffin cups for 10 minutes. Remove shells and transfer to a 15×10×1-inch baking pan. Reduce oven temperature to 350°F.
3. For Lemon Cream Filling, in a small bowl whisk together the 1 egg yolk,

condensed milk, the ¼ cup lemon juice, and salt; set aside.

4. For Lemon Curd, place the 3 egg yolks in a bowl; set aside. In a small saucepan stir together the ½ cup sugar and cornstarch. Stir in the 1 tsp. shredded lemon peel, the ⅓ cup lemon juice, the 3 Tbsp. water, and the 2 Tbsp. butter. Cook and stir over medium heat until thickened and bubbly. Remove from heat. Stir about half of the lemon-sugar mixture into egg yolks; add to saucepan. Return to heat. Cook and stir 2 minutes more. Cover to keep warm.

5. For Meringue, in a medium bowl beat egg whites, vanilla, and cream of tartar with electric mixer on medium speed until soft peaks form. Gradually add the ½ cup sugar; beat on high until stiff peaks form. 6. To assemble, spoon about 1 Tbsp. Lemon Cream Filling into each baked crust; top with 1 Tbsp. Lemon Curd. Top each with Meringue, spreading to edges of crusts. Sift powdered sugar over tarts. Bake for 12 minutes or until golden. Cool on a wire rack. Cover; chill 1 hour. Makes 12 servings.

EACH SERVING 304 cal, 13 g fat, 122 mg chol, 140 mg sodium, 42 g carb, 0 g fiber, 5 g pro. ■

IT'S LIKE
YOUR TONGUE
CRASHED INTO
A CHOCOLATY,
PEANUTY,
CARAMEL
ICEBERG.



ICE CREAM SATISFACTION

NEW!

vitafusion**™**



EXTRA STRENGTH

for your healthy and active life



#1 adult gummy vitamin brand[†], now brings an extra boost of Biotin, B-12, D₃, and Melatonin **fused into delicious gummies.**

[†]Data on file

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

We make Nutrition Taste Good.™

VITAFUSION.COM



©Church & Dwight Co., Inc. 2015. All rights reserved. VITAFUSION and WE MAKE NUTRITION TASTE GOOD. are trademarks of Church & Dwight Co., Inc.

better

LOVE YOUR EVERYDAY LIFE

CHILL TIME

Savor summer and score a little outdoor relaxation every day—even if it's just 15 minutes in the backyard. Consider it your daily dose of happy!

live well

Smart strategies for a happy, healthy life

pretty healthy

Go with the glow

Stay bronzed and beautiful the healthy way. With these sunless tanners, you'll only look like you spent the summer in the sun.



Hampton Sun Sunless Tanning Mist

The 360° nozzle on this quick-drying formula makes covering tough-to-reach spots a cinch. \$36;

net-a-porter.com



Jergens Natural Glow Color Primer, Instant Sun Mousse, Tan Extender

This trio preps, self-tans, moisturizes, and extends color. \$8.99, \$11.99, and \$8.99;

walgreens.com



St. Tropez Gradual Tan In Shower Lotion

This rinse-off lotion builds color over three or four applications. \$25;

ulta.com



summer safety

Avoid getting stung

Give bees, wasps, and yellow jackets the buzz-off with these smart steps from Daniel Fein, M.D., a pediatric emergency physician at The Children's Hospital at Montefiore in the Bronx.

SKIP PERFUME AND SCENTED LOTIONS

Bees, wasps, and yellow jackets are drawn to floral and sweet smells.

DRESS TO PROTECT Don't wear bright colors and floral patterns (which attract bees) in the garden or bee-populated areas.

KEEP CALM AND SLOWLY WALK AWAY Swatting might cause the insect to feel threatened and sting.

IF YOU GET STUNG... Scrape away the remnants of the stinger with a credit card (squeezing or pinching releases more venom), then wash with soap and water. If you're stung in the mouth or throat, if you wheeze, vomit, or experience tightness in the chest or throat, or if you have trouble breathing or talking, seek medical help ASAP.

—Sharon Liao

health showdown

Is it better to eat a hot dog or a hamburger at a barbecue?

Bite into the burger. Beef is high in zinc, iron, and protein, says Jessica Cording, R.D., a dietitian in New York City. Most hot dogs are loaded with sodium and also contain preservatives like nitrates that might raise your risk of diabetes and various cancers if you eat them too often. Just keep tabs on portions: Stick with 3 oz. meat (about the size of your palm) and pile on fresh veggies like lettuce, tomato, and cucumber slices. You can add cheese, too—just skip other high-cal add-ons like bacon and avocado (which is healthy but caloric). If you're grilling at home, use 90-percent-lean beef. —Sharon Liao



PHOTOS: (BURGER) ANDY LYONS, (BEE) SHUTTERSTOCK

Thai Peanut Stir Fry with
NEW Garden Veggie Nuggets



CHANGE HOW
YOU EAT. CHANGE
ALMOST EVERYTHING.

Eating less meat and more delicious veggie protein is good for you and the Earth. Find out why at MorningStarFarms.com and take the *Veg of Allegiance*.™ #VegAllegiance

100%  VEGETARIAN®



JUST WHAT THE
WORLD ORDERED™

snack we love

Full of beans Roasted chickpeas instead of potato chips—a fair trade? Totally! Thanks to a toasty crunch and inspired flavors, such as chili and lime or cinnamon, these little guys will quickly become a snacking staple. Bonus: Each 120-calorie serving delivers 5 g fiber and 5 g protein. \$3.50–\$3.99 for a 6-oz. bag (in stores) or \$27 for a 6-pack; thegoodbean.com



family time

Camp's in!

Spending summers at sleepaway camp has been a constant in Genna Rosenberg's life since she was 8. So when she heard about the volunteer opportunities at Camp Ronald McDonald for Good Times, a free sleepaway camp for kids with cancer and their families in Tarzana, California, getting involved was a no-brainer. "Summer camp is the ideal place to just be a kid," Genna says. "And I want to show my kids that anyone could find themselves in this situation, so it's important to be there for others." Come summer, Genna, husband Danny, and kids Leni (6) and Brayden (2) spend much of their free time at the camp doing activities like painting or blowing bubbles with the kids. Genna and Danny are also year-round ambassadors, but camp is where Genna's heart lies. "While it was scary to be away from my parents at such a young age, I learned to have the courage to try new things on my own," she says. "Kids who are battling cancer should have a chance to be brave for fun experiences, not just their treatments." —*Lambeth Hochwald*



pet project

Happy trails

Simplify feeding pets on the road: This three-in-one bowl allows you to store food and water and then converts into spill-proof dishes. The lid becomes an extra food bowl with a saucer rim, which can be filled with water to block ants. \$29.99 for small and \$39.99 for medium; sleepypod.com/yummy



fit tools

Now playing

Sweat to the beat with one of these fitness-friendly headphones.

1. LUV BUDS The comfy foam tips come in XS, S, and M, and an attached microphone lets you talk as you walk. \$14.99; chicbuds.com

2. PLATTAN ADV Fast-forward or rewind music and pick up calls via a built-in mic and remote on the cord (which attaches to either side). The fabric headband cover comes off so you can wash it. \$60, \$100 for wireless; urbanears.com

3. SOUL ELECTRONICS PULSE A lightweight cable wraps around your ears so the buds stay put, and the one-button control lets you change the music easily. \$49; soulelectronics.com

4. RUNPHONES The headphones are built into a moisture-wicking and washable band, so there's no worry about ear pieces falling out. \$39.95, \$99.95 for wireless; runphones.com

— Karen Asp ■



“AM”
NOT A
VEGETARIAN.

IAMS® has 50% more animal protein and never adds gluten.*



■ Animal protein ■ Plant protein

These teeth were made for meat.
But most leading brands add plant protein
like gluten. IAMS® never adds gluten.
Because animal protein is naturally complete.

Check your bag for corn gluten meal.



**NOT JUST FOOD
NUTRITION
FOR LIFE**

*Versus best-selling adult formula of leading brands.

DO ONE THING BETTER

pack a car kit

BY LESLIE GOLDMAN



Water-, dirt-, and rip-resistant, this sturdy box stays put and folds flat to store. \$34.99; containerstore.com

A GOOD PAIR

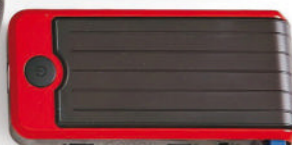
Keep sneakers and socks handy so if you break down, you have the right gear for walking or changing a tire.

HANDS ON DECK

Stash a pair of garden gloves to protect hands when lifting an overheated hood.



THE FIXER No jack, spare, or extra tools required. Fix-A-Flat Ultimate 1-Step Flat Tire Repair Kit, \$29.97; walmart.com



JUMP TO IT

Smaller than a cell phone and fueled by a lithium-ion battery, a fully charged PowerAll Deluxe can jumpstart your vehicle 20 times. \$139.95; thepowerall.com



- 1. MAKE CONTACT** Print a list of emergency numbers so you know whom to call ASAP.
- 2. BREAK OUT** If you find yourself trapped in the car, a steel window punch breaks through glass, and a (safeguarded) razor blade cuts through seatbelts. CommuteMate Universal Emergency Hammer Window Punch and Seat Belt Cutter 2-Pack, \$29.95; walmart.com
- 3. LIGHT THE WAY** Not your average flashlight, the HybridLight 160V is solar-powered via any light source (with battery backup) and doubles as a charger. \$39.95; hybridlight.com
- 4. H₂O TO GO** Water is a must, and cartons make storing it easy. \$16 for an eight-pack of half-liter cartons; boxedwaterisbetter.com
- 5. JUICE UP** Cell phones are saviors until the batteries conk out; enter the all-purpose, lightweight solar charger. Face the panel toward the sun, plug in your phone (or any USB device), and you're good to go. Fuse 6W Solar Charger, \$129; voltaicsystems.com ■

SOURCE: JODY DEVERE, CEO, ASKPATTY.COM, AUTOMOTIVE ADVICE FOR WOMEN BY WOMEN

DO MORE OF WHAT YOU LOVE

with doctor-
recommended pain relief.

TYLENOL

#1

doctor-
recommended
brand for
arthritis pain.



Use only as directed.

Don't let arthritis pain keep you from all of the things you want to do. Count on Tylenol® Arthritis for fast-acting relief that lasts up to 8 hours. **Stay active with Tylenol®, the #1 doctor-recommended brand for arthritis pain.**

© McNEIL-PPC, Inc 2015

Available at **Walmart** 

THE GOOD KID PROJECT

managing money

QUESTION

My son spent his allowance but now wants to go to the movies with friends. I don't want him to feel left out. Should I give him the money?

ANSWER

While you might be inclined to spot him the cash, consider turning this into a teaching moment to help your son be more fiscally responsible. Don't give him the money. You don't need to be overly hard-nosed; empathize with him about missing out, then spend some time helping him problem-solve to prevent this from happening again.

Together, you can map out his spending patterns by thinking through how he usually spends his money over the course of a month. How often do movie or mall outings happen? Does he have his eye on a video game? This will help him create a budget and start saving so he can pace his spending. If you're really concerned about his missing the movie, you could let him do extra chores to make the extra money to pay for it, or give a one-time advance (just be firm when there's a next time).

From the minute you start giving an allowance, you're laying the foundation for how children handle financial matters throughout their lives. You can't—and shouldn't—always bail kids out; figuring out how to bounce back from mistakes is a crucial way kids develop resilience, self-confidence, and sound judgment. Letting your child make his way through the consequences of smaller slip-ups is a great way to learn and avoid bigger mishaps down the road.



ELIZABETH LOMBARDO, PH.D.

Clinical psychologist and author of *Better Than Perfect*. Find her at elizabethlombardo.com.



**Better
Homes**
and Gardens.

2015
innovation
home



« Check out the
2015 Innovation
Home reveal
in the October
issue!

**Innovative Products / Smart Design / Energy Efficiency
Connected Technology / and More!**

For more information, visit **BHG.com/SmartHouse**

..... Construction by

**LakeSide Development
Company**

..... Presenting Partners



..... Contributors

Cambria • Crate and Barrel • GAF • Heat & Glo • Kohler • LG • McElroy Metal • Plain & Fancy



Build endless possibilities.



media matters

kids & money

Get a little tech help from these apps and games.

**Snoopy's Street Fair**

Kids learn entrepreneurship by helping the Peanuts gang put together a street fair to raise money for baseball uniforms. The game involves saving money to invest in and manage new offerings, such as Sally's Lemonade Stand and Lucy's Psychiatrist Services. Free, with in-app purchases; iTunes

**Green\$treets: Unleash the Loot!**

Teach fiscal and environmental responsibility: Kids earn money to rescue endangered animals by planting a garden and keeping a monster from destroying it. Funds can then be used to care for the animals. Free; greenstreetcommons.com

**Kids' Money**

A pocket calculator designed to manage money, this app allows kids to save for big purchases by inputting their allowance and gift money, then calculating how long they need to save. Free; appsrocket.com/kidsmoney.html

**Bankaroo**

This virtual bank account allows kids (and parents) to set savings goals and earn badges for reaching them. Parents can also add to the account as kids manage their allowance and expenses. Free; bankaroo.com

**The Game of Life**

When kids play the updated app version of the classic board game, they see the value of budgeting and saving in (virtual) action. \$.99; iTunes

**Savings Spree**

Because the goal is to build a big nest egg, kids learn how to earn and save money, and how daily spending affects a bottom line. \$.5.99; msgen.com ■

**GOT A QUESTION?**

Send us an e-mail:
goodkid.project@meredith.com

Fruity Kaleidoscope

Go ahead: Let your kids play with their food! Fresh blueberries spin around balls of cantaloupe to make beautiful, edible art.



Create in 3 easy steps!

Step 1:

Make **cantaloupe** balls with a melon baller

Step 2:

Pour a bowl of **Rice Krispies**

Step 3:

Imagine what your kids can create—arrange **blueberries** and **cantaloupe** in Kaleidoscope design and serve with **milk**



Find more possibilities at RiceKrispies.com

ANGRY GUT?

You may have
**Irritable Bowel Syndrome
(IBS)**

If so, you are not alone.
1 in 6 Americans have it.

IBS Symptoms Include:
Abdominal Pain, Bloating,
Diarrhea, Constipation,
Urgency and Gas

Introducing **NEW IBgard®**,
a medical food for the dietary
management of IBS. **IBgard®** starts
working in 24 hours*. It delivers ultra-
purified peppermint oil quickly and
reliably to the small intestine - where
it's needed the most.



IBgard®
Calms the Angry Gut®*

Ask your doctor
about **NEW**,
nonprescription **IBgard®**,
now available
in the digestive aisle at

CVS/pharmacy and **Walgreens**

*Based on a randomized placebo controlled study in 72 IBS patients. Patients taking IBgard experienced a statistically significant reduction versus placebo in the total IBS symptoms score, including abdominal pain and discomfort, at 24 hours and at 4 weeks.

Results may vary. Medical foods do not require preapproval by the FDA but must comply with regulations. Use under medical supervision. The company will strive to keep information current and consistent, but may not be able to do so at any specific time.

better | family

get crafty

pop art

Keep dessert carefree with this creamy
(and pretty) treat that serves a crowd.

BY HALI RAMDENE



ingredients

15 chocolate sandwich
cookies, crushed

3 Tbsp. melted
butter, cooled

One-half of a 1.75-qt.
carton chocolate ice
cream, softened

One-half of a 1.75-qt.
carton vanilla ice cream,
softened

½ cup chopped fresh
strawberries

One-half of a 1.75-qt.
carton strawberry ice
cream, softened

to make

Line a square baking pan (9×9 or
8×8 inches) with waxed paper, leaving
edges extended over pan. Stir together
cookies and butter; press mixture into
pan. Freeze 10 minutes.

Spread an even layer of chocolate
ice cream over cookie layer; freeze
15 minutes. Repeat with vanilla ice cream.

Stir strawberries into strawberry ice
cream. Spread in an even layer over
vanilla layer; freeze 15 minutes. Insert
16 craft sticks, evenly spaced. Loosely
cover. Freeze 2 hours or until firm.

Using edges of waxed paper, lift
dessert from pan. Cut between sticks
into 16 bars. ■

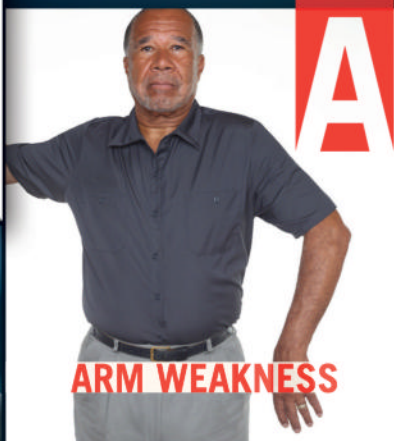


Body language
can tell you all
sorts of things.
Like someone is
having a **stroke**.



F

FACE DROOPING



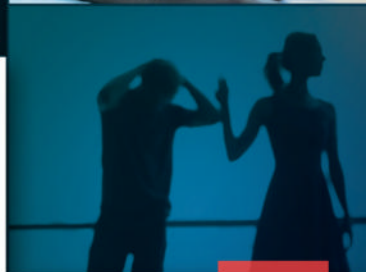
A

ARM WEAKNESS



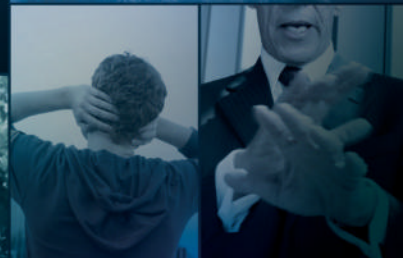
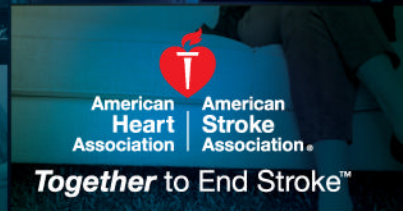
S

SPEECH DIFFICULTY



T

TIME TO CALL 911



Ad
Council



strokeassociation.org

 American
Heart
Association | American
Stroke
Association

Together to End Stroke™

Know the sudden signs.
Spot a stroke **F.A.S.T.**

ten best

national parks

Adventure rules at these awe-inspiring locales. Get ready to take nature appreciation to new levels.

BY LARRY BLEIBERG

ILLUSTRATION BY SARA FRANKLIN



- 1 **Canyon de Chelly, Arizona** Navajo legends come to life in a red rock canyon that you can explore in a four-wheel drive vehicle with a Native American guide. Look for ancient cliff dwellings, rock paintings, and Spider Rock, an 800-foot sacred sandstone tower. Back at the park's hotel, try local fare like fry bread tacos and blue corn pancakes. nps.gov/cach
- 2 **Isle Royale, Michigan** The adventure starts with your ferry or seaplane trip out to these islands in the northwest corner of Lake Superior. Once there, you'll find 165 miles of hiking trails and boating routes; catch your winks by camping or staying at the park lodge or cabins. nps.gov/isro
- 3 **Great Basin, Nevada** A mountain peak topping 13,000 feet and a cave tour revealing rare marble formations are the highlights of this park near the Nevada-Utah border. Another can't-miss: breathtakingly clear night sky views of planets and the Milky Way. nps.gov/grba
- 4 **North Cascades, Washington** Accessible by car or ferry, this gem (120 miles from Seattle) offers views of 300+ glaciers—more than in Glacier National Park. Even while hiking, you can't help but relax surrounded by waterfalls and alpine meadows. Kids (ages 3 and up) can complete the Junior Ranger program. nps.gov/noca
- 5 **Badlands, South Dakota** Prehistoric animals once roamed this otherworldly landscape of soaring pinnacles and twisting valleys; a few years ago a 7-year-old found a quarry of saber-toothed tiger skulls. Now the park is home to bison and to prairie dogs, who'll pop out of their burrows to say hello. nps.gov/badl
- 6 **Cuyahoga Valley, Ohio** Hike or bike along the historic path of the Ohio & Erie Canal and catch a glimpse of beavers, bald eagles, and great blue herons. Do a little family fishing at the catch-and-release ponds and rivers, then get the whole crew involved in EarthCaching, a treasure hunt using the GPS on your smartphone. nps.gov/cuva
- 7 **Redwood, California** Surf and turf are on offer in this remote Northern California spot: Beachcomb on 40 miles of oceanfront, then head inland to see the world's largest trees as well as herds of majestic Roosevelt elk, which nearly went extinct last century. nps.gov/redw
- 8 **Zion, Utah** It's easy to drink in the scenery of this red rock canyon while hiking or on horseback. The more athletic and adventurous (minus young kids) can try The Narrows canyon, where you make your way through the Virgin River, or Angels Landing trail, which runs along a narrow rock, leading to a pinnacle that juts out over the park. nps.gov/zion
- 9 **Congaree, South Carolina** This Southern, sometimes swampy, home to herons and otters is easily observed from a boardwalk trail stretching more than 2 miles. Or head deeper into the wilderness on a ranger-led canoe tour; you might have an alligator sighting. nps.gov/cong
- 10 **Great Sand Dunes and Preserve, Colorado** The amazing 75-story dunes (which accumulated over the past 444,000 years) are more than just a sight to see. Rent a sand board or sled to ride the hills, or stage a family footprint down the ever-shifting drifts. Afterward, take a 10-minute drive to Zapata Falls and rinse the dust off. nps.gov/grsa ■

CAPRISUN.COM

YES TO BASKHEADBALL.
NO TO HIGH FRUCTOSE CORN SYRUP.

PUSH PLAY

YOU DECIDE WHAT THEY DRINK.

LEAVE THE REST UP TO THEM.

NOW WITH
NO
HIGH FRUCTOSE
CORN SYRUP



© 2015 Capri Sun, Inc.
CAPRI SUN is a registered trademark of
Deutsche Sisi Werke.

KITCHEN **Rx**

Easy, at-home fixes for everyday ailments—
from sunburn to sore muscles.

BY KARYN REPINSKI | PHOTOS BLAINE MOATS | STYLING JENNIFER PETERSON

dry, damaged hair

CONDITIONING HAIR MASK

An avocado-yogurt-honey combo is the perfect remedy for summer-stressed hair, says Janice Cox, author of *Natural Beauty at Home*. “Rich in oils, avocados restore moisture and shine,” she explains. Use weekly to help repair damage caused by sun, saltwater, and chlorine.

YOU WILL NEED

- 1 ripe avocado**
- 2 Tbsp. plain yogurt (any type)**
- 2 tsp. pure honey**

- 1.** Blend ingredients in a shallow bowl to make a smooth paste.
- 2.** Massage mixture into damp hair and then cover with a shower cap or old cotton towel.
- 3.** Let mixture soak into hair for 20 minutes, then rinse and shampoo.

Yogurt contains lactic acid, which gently cleanses hair.

yellow teeth

BAKING SODA BRIGHTENER

A great option for sensitive teeth, baking soda is gentle enough to use daily to whiten and clean, says Marc Beshar, D.M.D., a cosmetic dentist in NYC.

YOU WILL NEED

- ½ tsp. baking soda**
- ½ tsp. water**

- 1.** Create a paste using baking soda and water.
- 2.** Dip toothbrush in paste and brush for two minutes. Spend 30 seconds per quadrant: upper right and left, lower right and left.

headache

RELAXING PEPPERMINT OIL

That cooling effect of peppermint is more than skin-deep; it interrupts the pain signals to your brain, says Tieraona Low Dog, M.D., author of *Healthy at Home*.

YOU WILL NEED

- 4 Tbsp. almond, grape seed, or sunflower oil**
- Small squeeze bottle or bottle with dropper**
- 20 drops peppermint essential oil**

- 1.** Pour the oil of your choice (almond, grape seed, or sunflower) into bottle, then add peppermint oil.
- 2.** Secure lid and shake well.
- 3.** Rub a few drops into temples, forehead, neck, and shoulders, avoiding eyes.

HAVE SOME FUN. LAUGH A TON.

(our underwear makes bladder leaks feel like no big deal)



Absorbs faster than Depend* to help you feel comfortably dry.

Get laugh-all-you-want protection, with Always Discreet for sensitive bladders. Because hey, pee happens. For **coupons and your free sample,[†]** go to alwaysdiscreet.com.



So bladder leaks can feel like no big deal. *always discreet*

*among Maximum Large. Depend is a trademark of Kimberly-Clark Worldwide. [†]while supplies last.

bug bites

CALMING TEA BAGS

A frozen tea bag delivers double relief: Cold puts the damper on itching, and compounds in white, green, and black tea called tannins ease inflammation, explains Mona Gohara, M.D., associate clinical professor of dermatology at Yale School of Medicine.

YOU WILL NEED

Tea bags

1. Lightly dampen tea bags, and store in the freezer (at least overnight).
2. Place frozen tea bag on the bite and let sit for 5 minutes.

acne breakouts

EXFOLIATING ASPIRIN PASTE

Aspirin contains salicylic acid, which treats blemishes by exfoliating clogged pores and reducing inflammation, Gohara explains.

YOU WILL NEED

1 aspirin, crushed

1 tsp. water, or enough to make a paste

Combine aspirin and water to make a paste, then use a cotton swab to dab on blemish. Leave on overnight, then rinse in the morning.

sunburn

COOLING YOGURT

The proteins in yogurt have an anti-inflammatory, soothing effect on damaged skin. Yogurts with a thin consistency will be easier to apply, but any type will work.

YOU WILL NEED

Enough plain yogurt to cover the affected area

Gently apply to sunburned skin (dab delicately with a soft sponge or use your fingers), let sit for 5 to 10 minutes, then rinse.

rough skin

SMOOTHING BODY SCRUB

Raw sugar exfoliates to give skin a healthy glow. Less irritating than salt, this scrub is gentle enough even for sensitive types. Add a citrus scent for extra refreshment. Use weekly to exfoliate and clarify skin.

YOU WILL NEED

1 cup raw sugar

$\frac{1}{4}$ cup light oil such as sesame, coconut, or almond

4–5 drops favorite essential oil or 1 Tbsp. zest of grapefruit, orange, or lemon to add scent

1. Mix ingredients and spoon into a clean container with a tight-fitting lid if not using immediately.
2. Massage a tablespoon or two all over your body to gently exfoliate and moisturize skin, then rinse.

Slather, rinse, repeat. No preservatives, so use it within a day or two.



NEW



Skip the copay.



Introducing the **NEW** FreeStyle Precision Neo system

With test strips over the counter—no insurance necessary—we can pass the savings on to you.*

Buy now at major retailers and get the ease of use and accuracy you expect from the FreeStyle family of products.

For more information
visit TryNeoNow.com



FreeStyle

Precision Neo

Blood Glucose Monitoring System

For In Vitro Diagnostic Use. FreeStyle Precision Neo blood glucose test strips are intended to be used with FreeStyle Precision Neo meters only. *Savings based on comparison to list prices of major brands at retailers; data on file. You may not realize savings relative to your prescription copay. Check your insurance coverage and copay to determine whether FreeStyle Precision Neo can save you money. FreeStyle and related brand marks are trademarks of Abbott Diabetes Care Inc. in various jurisdictions.

© 2015 Abbott. ADC-01285 Ver1.0 02/15

tired, achy feet

REFRESHING FOOT SOAK

Give your feet the TLC they deserve. Chamomile tea soothes skin and neutralizes odor-causing bacteria, and lavender oil moisturizes as it relaxes tense muscles.

YOU WILL NEED

1 gallon hot water

5 chamomile tea bags

4–6 drops essential oil of lavender

Fresh flower petals

1. Pour hot water into a small tub or bucket big enough for your feet. Add tea bags, and steep for about 10 minutes.

2. Add essential oil and fresh flower petals, then test the water to make sure it's not too hot.

3. Soak your feet for 15 to 20 minutes. Towel-dry, then massage in a favorite lotion.

Chamomile tea can also help scrapes and scratches heal.

Keep aloe in bright, indirect sunlight and water once a week, or when the soil dries.

minor scrapes and burns

PROTECTIVE ALOE VERA

Call it nature's bandage: Aloe vera gel dries to form a barrier that helps speed healing as well as relieve pain and itching.

YOU WILL NEED

Fresh aloe vera plant

1. Cut off a piece of the leaf, remove the spines along the edges, then split lengthwise to reveal the gel.

2. Gently apply a thin layer of gel to the affected skin.

joint and muscle soreness

SOOTHING GINGER COMPRESS

Just as ginger can be a stomach soother, it has an anti-inflammatory effect when applied topically, helping to ease pain and swelling.

YOU WILL NEED

1 inch unpeeled ginger root

4 cups water

1. Slice ginger, then simmer in water on low heat for 20 minutes.

2. Place a folded piece of cloth into mixture, then wring it out.

3. Lay cloth over the joint for five minutes. Repeat three or four times a day. ■

Jennifer Garner wears sunscreen every day,
no matter what the weather says.

UVA rays can pass through clouds, haze, even windows. During your life, the more unprotected exposure you get, the greater your risk of developing skin cancer. In fact, 1 in 5 Americans will develop skin cancer in their lifetime. Protection and early detection are the key to survival.

For sun safety tips and life-saving tools, like a free dermatologist skin cancer screening, self-exam kit and discounts on sunscreen products, go to

ChooseSkinHealth.com

with participation from

AS | DS
American Society for
Dermatologic Surgery

healthy eating

peppers

Hot or not, these veggies add crunch, color, and a shot of nutrients to summer dishes.

BY SARA REISTAD-LONG

MOST VALUABLE PLAYERS

No matter what variety, peppers have an incredibly well-rounded set of benefits. On average, they have one-and-a-half times your recommended daily dose of vitamin C, plus they're a good source of brain-boosting B6, stress-reducing magnesium, bone-strengthening vitamin K, and cholesterol-reducing vitamin E.

HUE KNEW?

The ripest peppers have the most potent antioxidants and nutrients. You can tell ripeness by color, from most to least: red, orange, yellow, green.

THE HEAT IS ON

Capsaicin is what makes chile peppers spicy, and research shows that capsaicin can be a powerful anti-inflammatory agent, helping to soothe sore muscles. Studies have also linked it to a slight bump in metabolism. And the heat? There's a reason we love it—capsaicin causes your body to release feel-good endorphins.

pepper prep

High heat zaps the nutrients in this veggie, no matter the color. Preserve the potency by trying them:

RAW Toss slices into salads and pasta dishes.

SAUTÉED This requires only brief heat exposure, and the oil will help your body absorb more of the fat-soluble vitamin E.

STUFFED Halve the pepper and fill with a mixture of protein-packed cooked quinoa, your favorite veggies, and sunflower seeds or nuts for crunch. ■



RED ALERT

Keep a glass of milk nearby when you're handling hot peppers; a splash can help soothe irritated skin.

SOURCES: KAYLAN BABAN, M.D., M.P.H., CHIEF RESIDENT PHYSICIAN OF PREVENTIVE MEDICINE AT MOUNT SINAI HOSPITAL IN NEW YORK. GABRIELLE FRANCIS, NATUROPATH, CHIROPRACTOR, AND ACUPUNCTURIST.

ARE YOUR VITAMINS PART OF THE 1%?



Of all supplements, only 1% have earned the USP seal.
Nature Made has the most of any brand.



At Nature Made, we're committed to quality. That's why we work with USP, an independent organization that tests for quality and purity. In fact, we've earned the most USP marks of any brand. The Nature Made difference is easy to see — just look for the USP seal on the label.

**#1 PHARMACIST
RECOMMENDED**
LETTER VITAMIN &
OMEGA-3/FISH OIL BRAND*



Find those Nature Made USP verified products on NatureMade.com/USP.

* Based on US News & World Report - Pharmacy Times Survey

Love something in this issue?

We've made it easier than ever to find the products you see in *Better Homes and Gardens*® magazine stories. Go to BHG.com/Resources, where you'll find full sourcing information for the stories in this issue. Click on links to go to manufacturer websites that provide purchasing details. Easy! No more tearing out the Resources page from the magazine (or wishing you had). Now you can find the sources you need online, anytime.

DESIGN PROFESSIONALS FEATURED IN THIS ISSUE

PICKLING PICNIC, pages 26–28
For more information about Aimée Wimbush-Bourque's book, *Brown Eggs and Jam Jars*, visit Aimée's website, simplebites.net.

SEEING THE BIG PICTURE, pages 31–39
Visit Betsy Bracken and Melissa Anderson's store, Bixby & Ball, Solana Beach, California; 858/436-7214; bixbyandball.com. Architect: Greg Castle Architect, Inc., P.O. Box 231364, Encinitas, CA 92067; 619/200-9766; castlearchitect.com. Builder: Treadlight Construction, 5810 Riley St. #4, San Diego, CA 92110; 619/888-4456; treadlightconstruction.com. Landscape and garden design: Annie Chaffin, Annie Garden Design; anniegarden@mac.com.

LUSCIOUS MANGO, pages 40–42
Color expert: Khristian A. Howell; khristianahowell.com.

MR. SMALL SPACE, pages 52–60
Interior designer: Maxwell Ryan, Apartment Therapy; apartmenttherapy.com.

JUST THE RIGHT SIZE, pages 84–91
Design-build firm: David Hill, architect, and Amy Hill, The Verdi Group, 1450 Fifth St. W, Suite 300, North Charleston, SC 29405; 843/475-3317; amy@theverdicompany.com; theverdicompany.com. Interior designer: Jennifer Mathis, Blue Bowl Interiors, Charleston area, South Carolina; j.mathis@bluebowlinteriors.com; bluebowlinteriors.com.

GIRLS' NIGHT OUTSIDE, pages 92–98
To learn more about Ruthie Lindsey's decorating, designing, and styling projects: ruthielindsey.com.

THE ILLUSIONIST, pages 100–105
Interior designer: Kelly Keiser, Kelly Keiser Interior Design and Decoration, 2269 Chestnut St., Suite 159, San Francisco, CA 94123; 415/567-8818; kellykeisersplendidinteriors.com.

RECIPE INDEX

HAVE YOUR CAKES ...

Classic Crab Cakes **p. 108**

NEW WAYS WITH CANTALOUPE

Gnocchi Cantaloupe Feta Salad **p. 112**

Pickled Cantaloupe Salad **p. 112**

Smoky Sweet & Sour Cantaloupe **p. 112**

Cantaloupe, Prosciutto & Arugula Club **p. 112**

WEEKNIGHT DELICIOUS

Steak with Spicy Balsamic Glaze **p. 114**

Basil Halibut with Jalapeño Butter **p. 116**

Zucchini Ribbons, Pasta & Arugula **p. 116**

Tarragon Blue Cheese Turkey Patties **p. 119**

GIRLS' NIGHT OUTSIDE

Beet-Dyed Deviled Eggs **p. 121**

Grilled Romaine Salad with Piquillo Pepper Dressing **p. 121**

Grilled Feta-Brined Chicken **p. 121**

Garbanzo Bean & Parsley Salad **p. 122**

Bourbon Strawberry Smash **p. 122**

Pimiento Cheese **p. 122**

Lemon Meringue Tarts **p. 123**

GET CRAFTY

Pop Art **p. 136**

RULES FOR SWEEPSTAKES MENTIONED IN THIS ISSUE

DAILY GIVEAWAY SWEEPSTAKES

Daily Sweepstakes Official Rules: No purchase necessary to enter or win. Subject to Official Rules and entry at BHG.com/Win. There will be one Daily Giveaway Sweepstakes per day. Entries for each daily sweepstakes must be received by 11:59 p.m. ET. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. One entry per e-mail address per day. Online entry only. Void where prohibited. Sponsor: Meredith Corporation.

\$15,000 SAVE MONEY SAVE ENERGY HOME IMPROVEMENT SWEEPSTAKES

No purchase necessary to enter or win. Subject to Official Rules available at BHG.com/WinHome. The \$15,000 Save Money Save Energy Home Improvement Sweepstakes begins at 12:01 a.m. CT on May 1, 2015, and ends at 11:59 p.m. CT on August 31, 2015. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. Limit one (1) entry per person and per e-mail address per day, regardless of website used to submit entry. Void where prohibited. Sponsor: Meredith Corporation.



zinfin doll hardy hydrangea

Enjoy white, pink, and raspberry
blooms all on one plant!

Make room in the mixed border for this hardy showstopper. Its overstuffed panicles of creamy white blossoms blush pink from the base upward and gradually darken to rich raspberry pink. The deep green foliage provides a perfect backdrop for this exuberant floral display. A Proven Winners variety.

Your plant will be shipped in a 2-quart pot at the proper time for fall planting. Recommended for Zones 3–7. Item GMO63168, \$26.95 each plus shipping.



ORDER NOW: Call White Flower Farm at 800/420-2852 and refer to code RSG17 or order online at BHGGardenStore.com. **EVERY PLANT 100 PERCENT GUARANTEED.**



My lifestyle gave me wrinkles

Diana is 29 years old and works as a sales assistant in Copenhagen. “I have always loved the outdoors and staying in the sun, even without protection. But unfortunately my skin started to show signs of wrinkles already in my 20’s, particularly on my forehead, which frustrated me a lot. So much so, that I chose to get bangs.

I had tried other products from New Nordic with good results so when I noticed they had a skin

care tablet, I bought the product right away. The price was surprisingly low compared to other skin products I have at home.

Now, I have used the tablets for 6 months and they really work for me. I am ready to get rid of my bangs and show my forehead again. I don’t feel like stopping the tablets because I feel my skin looks better, tighter and healthier. Skin Care will surely be part of my daily skin care routine now.”

Diana, Copenhagen

YOUR SKIN TABLET



New Nordic introduces Skin Care™ – a new supplement designed to activate your skin’s cells to generate more anti-wrinkle collagen and help your skin stay healthy and youthful looking. The ingredients will better reach the deepest layers of your skin where no anti-aging cosmetic serum reaches.



Now available at participating retailers and online. 1-877-696-6734.



ONLINE SHOP
newnordicusa.com

Walgreens

meijer

amazon.com

drugstore

Vitacost

iHerb.com

GNC

At select:
RED BATH & BEYOND
FACE VALUES

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Always read the label and follow the instructions prior to use. Testimonials are not proof of efficacy. Results may vary.

i did it!

“An old school fire alarm I found at a garage sale was the flake that started the whole snowball.”

Corey Decker

AT HOME WITH Corey Decker in the Tampa area.

HER PROJECT Turn an under-the-stairs closet into a two-story fire station for her sons, Wyatt and Lincoln, by installing paneling that looks like brick and building a platform (complete with a ladder and a pole).

FAVORITE PART “A locker room for their gear.”

BEST DIY SKILL “I think outside of the box.”

INSPIRED BY “Disorder. It’s like a cry for help.”

HER BLOG Sawdust 2 Stitches

Share your success story!
E-mail photos of you with
your latest home project to
IDidIt@meredith.com. ■



TAKE A TOUR

See inside this
playhouse for a fire
truck dashboard, fire
hose, and more!
[BHG.com/
FireStation](http://BHG.com/FireStation)



kicks grass.



all® OXI fights tough grass stains
better than the leading value detergent.
A lot better.*

Give us your worst, we'll give it our 

 facebook.com/allLaundry

*Dramatization depicts 100% polyester, washed in hot water, HE machine, heavy-duty setting. Results vary based on wash condition.

©2015 The Sun Products Corporation. All Rights Reserved.



©2015 Apple Inc. All rights reserved.

by Janet H. | apple.com/worldgallery



Shot on iPhone 6

